Douglas College

CURRICULUM GUIDELINES

A: Division: **Science & Technology**

B: Department/ Program Area: **Sport Science**

Date: **November 23, 2000**

New Course [ ] Revision [X]

If Revision, Section(s) Revised: **C**

Date Last Revised: **November 19, 1999**

C:	**D:**	**E:**
SPSC 312	**Performance Analysis: Gymnastics & Dance**	**3**
Subject & Course No.	Descriptive Title	Semester Credits

F: Calendar Description: This course will provide students with the theoretical knowledge and practical application of skills, gymnastics and dance. Emphasis will be upon the student demonstrating performance skills, strategies and understanding how to analyze the biomechanical, physiological, psychological, technical and tactical aspects of both sports.

G: Allocation of Contact Hours to Types of Instruction/Learning Settings

Primary Methods of Instructional Delivery and/or Learning Settings:

Lecture/Lab

Number of Contact Hours: (per week / semester for each descriptor)

4

Number of Weeks per Semester:

14

H: Course Prerequisites:

SPSC 263 or Instructor Permission

I. Course Corequisites:

None

J. Course for which this Course is a Prerequisite:

None

K. Maximum Class Size:

30

L: PLEASE INDICATE:

[ ] Non-Credit

[ ] College Credit Non-Transfer

[X] College Credit Transfer: Requested [ ] Granted [X]

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)

Equivalent Courses:

M: Course Objectives/Learning Outcomes

Upon completion of this course, the student will be able to:

1. Demonstrate theoretical and practical knowledge of the physical attributes required in gymnastics and dance
2. Demonstrate theoretical and practical knowledge of the motor attributes required in gymnastics and dance
3. Demonstrate theoretical and practical knowledge of the biomechanical principles involved in gymnastics and dance
4. Demonstrate theoretical and practical knowledge of safety techniques, including warm-up and cool down
5. Demonstrate theoretical and practical knowledge of the ability to analyze the fundamental skills and movements of gymnastics and dance
6. Demonstrate an ability to analyze the biomechanical, physiological, psychological and technical aspects of gymnastics and dance
7. Demonstrate an understanding of the planning skills associated with gymnastics and dance

N: Course Content

1. <u>Physical Attributes</u>

The student will:

1.1 Demonstrate theoretical knowledge and practical application of:
- 1.1.1 flexibility
- 1.1.2 strength
- 1.1.3 power
- 1.1.4 endurance

2. <u>Motor Attributes</u>

The student will:

2.1 Demonstrate theoretical knowledge and practical application of:
- 2.1.1 balance
- 2.1.2 spatial orientation including inversion, rotation, height, flight
- 2.1.3 agility

3. <u>Biomechanical Principles</u>

The student will:

3.1 Demonstrate theoretical and practical knowledge of the biomechanical principles involved in:
- 3.1.1 gymnastics
- 3.1.2 dance

4. <u>Safety Techniques</u>

The student will:

4.1 Demonstrate theoretical knowledge and practical application of:
- 4.1.1 handling and setting equipment
- 4.1.2 spotting and supporting techniques
- 4.1.3 warm-up and cool down
- 4.1.4 safety procedures in gymnastics
- 4.1.5 flexibility

N: Course Content (continued)

5. Analysis of Fundamental Skills of Gymnastics and Dance

The student will:

5.1 Demonstrate theoretical and practical knowledge of how to analyze basic creative, folk and ballroom dance

5.2 Demonstrate theoretical and practical knowledge of how to analyze:

- 5.2.1 landings
- 5.2.2 locomotions
- 5.2.3 rotations
- 5.2.4 static positions
- 5.2.5 swings
- 5.2.6 springs

6. Analysis of the More Competitive Aspects of Gymnastics and Dance

The student will:

6.1 Demonstrate theoretical and practical knowledge of analysing the relationship between aesthetics and skilled performance

6.2 Demonstrate theoretical and practical knowledge of analysing form in the evaluation of individual performance in gymnastics and dance

6.3 Demonstrate theoretical and practical knowledge of analysing physiological aspects related to performance in gymnastics and dance

6.4 Demonstrate theoretical and practical knowledge of analysing physiological factors related to performance in gymnastics and dance

7. Planning

The student will:

7.1 Demonstrate theoretical and practical knowledge of:

- 7.1.1 space utilization
- 7.1.2 time utilization
- 7.1.3 flow
- 7.1.4 stages of learning
- 7.1.5 progressions
- 7.1.6 feedback

O: Methods of Instruction

The course will be divided between lectures, demonstrations and practical application (practice).

Lectures: These will deal with most of the theoretical aspects of the course. Use will be made of audio-visual materials such as films and videos.

Practical Application: Starting with the basic and using appropriate teaching points, together with demonstrations, the students will learn various skills of both performance and analysis. Under the constant guidance and supervision of the instructor, the students will practice and refine individual and group skills and analysis techniques. Safety will be stresses at all times.

P: Textbooks and Materials to be Purchased by Students

Northrip, J.W. et.al. and Seidel, B.L. et.al., Chapters from Analysis of Sport Motion and Sports Skills: A Conceptual Approach to Meaningful Movement, Dubuque, Iowa; W.C. Brown Co., 1993

Q: Means of Assessment

	GYMNASTICS	DANCE
Attendance and Participation	10%	10%
Mid-term Exam (Cognitive)	20%	20%
Final Exam (Cognitive)	25%	25%
Final Skills Test (Psychomotor)	25%	25%
Project (see note 2)	20%	20%
TOTAL:	100%	100%

NOTES:

1. In order to gain credit for this course, students will be required to score a minimum of 50% in each of the gymnastics and dance components of the course. The final grade will be an aggregate of the two percentages.

2. This project may be in the form of a skill analysis, an essay, a manual or a planning assignment.

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council/Curriculum Committee Representative

Dean/Director

Registrar