STAC 136—BEGINNING GYMNASICS

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PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

INTRODUCTION
This course is a basic introduction to gymnastics. Students in this class can expect to receive instruction on the following gymnastics equipment: (for men and women) floor, vault, trampoline; (for men) rings, parallel bars, horizontal bar, and mushroom; (for women) uneven parallel bars and beam. Since this is a beginning class and the level of each student will vary considerably, we will focus on the basic fundamental skills and the proper execution of those skills. As this is a large class, your personal progress is directly related to individual efforts in the gym.

OBJECTIVES
In line with the mission of Student Wellness, Students will 1) Increase their understanding of the divine and eternal nature of the human body and how proper exercise and diet can enhance the body’s ability to function at its maximum capacity; 2) develop motor skills sufficient to enjoy participation in physical activity throughout their lifespan; 3) develop and gain motivation to maintain a healthy lifestyle throughout their lifespan.

LEARNING OUTCOMES
By the end of the semester Students will:
• Identify specific skills for each apparatus.
• Demonstrate elementary skills on each apparatus.
• Increase strength and flexibility.
• Demonstrate an understanding of gymnastics by passing one exam.

GRADING
•  This course is graded PASS/FAIL
•  Students must meet the following criteria to pass this course.
  1.  Pass the attendance part of the course with 80%--no more than 5 hours absent
  2.  Pass the written part of the class with 75% on the written test.
Students who do not meet this criteria will receive an E (fail) grade which will impact their GPA.
WRITTEN EXAM

A written examination must be taken in the Testing Center.

**IMPORTANT:** The test dates are posted at [http://studentwellness.byu.edu/physical/activitycourses/](http://studentwellness.byu.edu/physical/activitycourses/). The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.**

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

ATTENDANCE/PARTICIPATION

- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend **and participate** in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. **The purpose of the allowed absences is to accommodate for illness, injury, or University business.**
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at [petitions.byu.edu](http://petitions.byu.edu). Call 801-422-2631 with questions about the petition process.
- If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

DRESS AND ATTIRE

A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.
STRENGTH AND FLEXIBILITY
Gymnastics is a beautiful sport because it combines strength, flexibility, and momentum. Skillful gymnasts can make things look very easy. Unfortunately, the skills are never easy. In order to increase your strength and flexibility over the semester, you will be required to do strength and stretching every day while in class. Any additional efforts increasing strength and flexibility outside of class will help you better perform the skills we learn in class.

SAFETY
Gymnastics is not your average sport! The injury potential is very high regardless of how fit you may be. We can lower that potential with some basic safety rules:
• Do not perform any gymnastics skill without first properly warming up.
• Do not attempt any new skills without proper instruction and a spotter if necessary.
• Be aware of your physical space, both equipment and people around you. Do not walk behind or in front of others while they are performing skills.
• Do not “horse” around on the equipment or in the gym, particularly the trampoline and the pit. Most gymnastics injuries happen when students are playing around.
• If you feel uncertain as to your ability to perform a certain skill, ask for assistance or choose not to perform that skill.
• Please observe my directions at all times.
• Do not wear jewelry or baggy clothing.
• No food, drink or gum in the gym.
• Only perform the skills on the skills list.
• In the event you are injured, notify me and fill out an accident report.

GYMNASTIC ROUTINE
Students will take the skills learned in class and perform them for the Instructor. Fluidly moving from one to another is what gymnastics is all about. So, after we have learned the basic skills you will perform a compulsory routine, a predetermined set of skills performed in a specific order on each apparatus. According to department policy, we WILL NOT meet during finals week.