

Semester-V
BSc-PE-DSE-3 (4)-301 (vi): GYMNASTICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (If any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301 (vi): GYMNASTICS	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Gymnastics on the ground and have a command of the basic and advanced rules and regulations and conduct a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing, and maintain court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Support techniques and their methods of Security
11. Understand Rhythmic gymnastics and Trampoline gymnastics

THEORY SYLLABUS (30 HOURS)

UNIT-I PRE-REQUISITES OF A GOOD GYMNASTICS COACH AND A GOOD GYMNAST (8 HOURS)

- 1.1 Gymnastics coach
 - a. Qualifications, qualities, and abilities
 - b. Personality profiles of a gymnastics coach

1.2 Gymnast

- a. Anthropometrical demands (physique, body composition, somatotypes of men and women gymnasts)
- b. Conditional and coordinative abilities
- c. Psycho-social abilities

1.3 Knowing gymnastics terminology

- a. Methods of naming various gymnastics terms
- b. Names and definitions of some basic positions and movements
- c. Principles of teaching, coaching and training of gymnastics movements on apparatus

UNIT-II DEVELOPMENT, MEASUREMENT, AND EVALUATION OF motor ABILITIES (8 HOURS)

2.1 Role of various motor abilities in gymnastics

2.2 Means and methods of developing general motor abilities and their evaluation

2.3 Means and methods of developing specific motor abilities and their evaluation

2.4 Schedule of Training and Planning For Competition - Training schedules

- Daily schedules
- Weekly schedules
- Monthly schedules

2.5 Planning for Competition

- Meaning and concept
- Preparation for the competition schedule
- Order of events
- Sequence of gymnast

UNIT-III SAFETY MEASURES IN GYMNASTICS (7 HOURS)

3.1 Supporting techniques and their methods

3.2 Security – means and methods

3.3 Self-security methods

3.4 Causes, prevention, and remedies of injuries in gymnastics

UNIT-IV THEORY OF VARIOUS FORMS OF GYMNASTICS (7 HOURS)

4.1 Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) a combination

4.2 Physical fitness in gymnastics: (i) through free hand exercises; (ii) through apparatus i.e., medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbells, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and recumbent bikes etc.)

4.3 Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small

trampoline

PRACTICALS (60 HOURS)

1. Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) combination
2. Physical fitness in gymnastics: (i) Free hand exercises; (ii) Use of apparatus - Medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbells, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and recumbent bikes, etc.)
3. Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline
4. Visit to the gymnastics centre

SUGGESTED READINGS

1. Code of Points Trampoline Gymnastics, Federation Int. De Gymnastics, 2005.
2. Federation Internationale Gymnastics, Federation Int. De Gymnastics, 2006.
3. Jain, R., (2005) Play and Learn Gymnastics, Khel Sahitya Kendra,.
4. Jain, R., (2003) Play and Learn Gymnastics, New Delhi: Khel Sahitya Kendra,.
5. Brown (2009). How to Improve at Gymnastics. Crab tree Publishing Co., USA.
6. Stick land, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
7. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.