

Program	BS Physical Education	Course Code	PE-255	Credit Hours	01
Course Title	Gymnastics: Rolling & Twisting, Drills, and Rhythmic Exercises (Theory)				
Course Introduction					
This course provides an in-depth exploration of gymnastic skills, focusing on rolling, twisting, drills, and rhythmic exercises. Emphasis is placed on developing gymnastic proficiency, understanding biomechanics, integrating rhythmic elements, and applying coaching strategies specific to gymnastics.					
Learning Outcomes					
On the completion of the course, the students will:					
• Demonstrate proficiency in fundamental rolling and twisting gymnastic techniques. • Execute rhythmic gymnastics movements and exercises with precision and fluidity. • Apply biomechanical principles to enhance gymnastic performance. • Design and implement progressive training programs integrating drills and rhythmic exercises. • Analyze and evaluate gymnastic performances through video analysis and feedback sessions. • Apply safety measures and injury prevention techniques in gymnastic activities. • Demonstrate effective communication and leadership skills in coaching gymnastics.					
Course Content				Assignments/Readings	
Week 1-4	Introduction to Gymnastics and Safety Measures • History and evolution of gymnastics • Basic safety guidelines and injury prevention strategies • Introduction to rolling and twisting techniques • Practical sessions: Basic rolls and safe landing techniques			From Books and Class Lectures	
Week 5-8	Rolling Techniques and Drills • Forward roll, backward roll, and sideways rolls • Progressions and variations in rolling techniques • Drill sequences for roll combinations • Practical sessions: Drill progressions and skill refinements			From Books and Class Lectures	
Week 9-12	Twisting Techniques and Rhythmic Exercises • Introduction to twisting movements in gymnastics • Twisting drills and exercises: Half twist, whole twist, and twisting combinations • Introduction to rhythmic gymnastic exercises: Hand apparatus and floor routines • Practical sessions: Twisting and rhythmic drills, skill sequences			From Books and Class Lectures	
Week 13-16	Integration and Performance Evaluation			From Books and Class Lectures	

	• Integration of rolling, twisting, and rhythmic elements into gymnastic routines • Video analysis of gymnastic performances • Performance assessment and feedback using technology • Practical sessions: Routine development, performance evaluations, and final assessments	
Textbooks and Reading Material		
Textbooks • Mamun, M. (2017). Rhythmic gymnastics: The skills of the game (4th ed.). Human Kinetics. • Readhead, L. (2014). Gymnastics technique: The vaulting and floor exercise (2nd ed.). Human Kinetics. • Schlegel, E., & Dunn, C. (2018). The gymnastics book: The young performer's guide to gymnastics (3rd ed.). Firefly Books. • Seabrook, A. (2016). Fundamentals of gymnastics (5th ed.). Human Kinetics. • USA Gymnastics. (2016). Coaching youth gymnastics (3rd ed.). Human Kinetics. Suggested Readings • Journals: Journal of Sports Sciences, International Journal of Sports Physiology and Performance • Websites: USA Gymnastics, International Gymnastics Federation (FIG), Gymnastics Coaching • Videos: Gymnastic technique tutorials, event analysis, coaching clinics		