

Program	BS Physical Education	Course Code	PE-256	Credit Hours	02
Course Title	Athletics IV: Rolling & Twisting, Drills, and Rhythmic Exercises (Practical)				
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	Overview of Gymnastics • Lecture on the history, rules, and significance of gymnastics. • Demonstration of general warm-up exercises and gymnastics-specific stretching. • Hands-on practice of warm-up routines focusing on flexibility and injury prevention.				From Books and Class Lectures
Week 2	Basic Gymnastics Movements • Lecture and video analysis on basic gymnastics movements. • Drills focusing on rolling, twisting, and balancing techniques. • Individualized feedback on fundamental gymnastics movements.				From Books and Class Lectures
Week 3	Forward Roll and Backward Roll in Rolling Techniques • Demonstration and breakdown of forward and backward rolls. • Drills focusing on mastering forward and backward roll techniques. • Partner-assisted practice with feedback on roll execution.				From Books and Class Lectures

Week 4	Dive Roll and Shoulder Roll - Demonstration and breakdown of dive rolls and shoulder rolls. - Drills focusing on mastering dive roll and shoulder roll techniques. - Individual practice with instructor feedback and corrections.	From Books and Class Lectures
Week 5	Revision of Overview of Gymnastics - Lecture on the history, rules, and significance of gymnastics. - Demonstration of general warm-up exercises and gymnastics-specific stretching. - Hands-on practice of warm-up routines focusing on flexibility and injury prevention. Basic Gymnastics Movements - Lecture and video analysis on basic gymnastics movements. - Drills focusing on rolling, twisting, and balancing techniques. - Individualized feedback on fundamental gymnastics movements. Forward Roll and Backward Roll in Rolling Techniques - Demonstration and breakdown of forward and backward rolls. - Drills focusing on mastering forward and backward roll techniques. - Partner-assisted practice with feedback on roll execution. Dive Roll and Shoulder Roll - Demonstration and breakdown of dive rolls and shoulder rolls. - Drills focusing on mastering dive roll and shoulder roll techniques. - Individual practice with instructor feedback and corrections.	From Books and Class Lectures
Week 6	Twisting: Half Twist and Full Twist - Demonstration and breakdown of half-twist and full-twist techniques. - Drills focus on mastering half-twist and full-twist techniques. - Partner-assisted practice with feedback on twist execution.	From Books and Class Lectures
Week 7	Advanced Twisting: Layout and Pike Twists Demonstration and breakdown of layout and pike twist techniques.	From Books and Class Lectures

	• Drills focusing on mastering layout and pike twist techniques. • Individual practice with instructor feedback and corrections.	
Week 8	Gymnastics: Strength and Conditioning Drills • Introduction to strength and conditioning exercises for gymnastics. • Circuit training focuses on core strength, upper body, and lower body. • Group and individual feedback on exercise form and technique.	From Books and Class Lectures
Week 9	Flexibility and Balance Drills • Introduction to flexibility and balance exercises. • Drills focusing on static and dynamic stretches and balance exercises. • Partner-assisted practice with feedback on flexibility and balance improvement.	From Books and Class Lectures
Week 10	Revision of Twisting: Half Twist and Full Twist • Demonstration and breakdown of half-twist and full-twist techniques. • Drills focus on mastering half-twist and full-twist techniques. • Partner-assisted practice with feedback on twist execution. Advanced Twisting: Layout and Pike Twists • Demonstration and breakdown of layout and pike twist techniques. • Drills focusing on mastering layout and pike twist techniques. • Individual practice with instructor feedback and corrections. Gymnastics: Strength and Conditioning Drills • Introduction to strength and conditioning exercises for gymnastics. • Circuit training focuses on core strength, upper body, and lower body. • Group and individual feedback on exercise form and technique. Flexibility and Balance Drills • Introduction to flexibility and balance exercises. • Drills focusing on static and dynamic stretches and balance exercises. • Partner-assisted practice with feedback on flexibility and balance improvement.	From Books and Class Lectures
Week 11	Rhythmic Exercises: Basic Rhythmic Gymnastics Techniques	From Books and Class Lectures

	• Demonstration and breakdown of basic rhythmic gymnastics movements. • Drills focus on mastering rhythmic movements with apparatus (ribbon, hoop, ball). • Individual practice with instructor feedback and corrections.	
Week 12	Creating Rhythmic Routines • Introduction to routine composition and choreography. • Group work on creating short rhythmic routines. • Performance and peer feedback on rhythmic routines.	From Books and Class Lectures
Week 13	Video Analysis and Technique Correction • Video recording and analysis of gymnastics performances. • Group discussion on strengths and weaknesses. • Individualized feedback and technique correction plans.	From Books and Class Lectures
Week 14	Simulated Competition and Feedback • Mock gymnastics competition focusing on rolling, twisting, and rhythmic routines. • Peer and instructor feedback on performance. • Discussion on areas for improvement and future training plans.	From Books and Class Lectures
Week 15	Revision of Rhythmic Exercises: Basic Rhythmic Gymnastics Techniques • Demonstration and breakdown of basic rhythmic gymnastics movements. • Drills focus on mastering rhythmic movements with apparatus (ribbon, hoop, ball). • Individual practice with instructor feedback and corrections. Creating Rhythmic Routines • Introduction to routine composition and choreography. • Group work on creating short rhythmic routines. • Performance and peer feedback on rhythmic routines. Video Analysis and Technique Correction • Video recording and analysis of gymnastics performances. • Group discussion on strengths and weaknesses. • Individualized feedback and technique correction plans. Simulated Competition and Feedback	From Books and Class Lectures

	• Mock gymnastics competition focusing on rolling, twisting, and rhythmic routines. • Peer and instructor feedback on performance. • Discussion on areas for improvement and future training plans.	
Week 16	Review and Final Assessment • Review of key concepts • Final exam preparation	
Textbooks and Reading Material		
Textbooks • George, G. S. (2018). Championship Gymnastics: Biomechanical Techniques for Shaping Winners. Human Kinetics. • Jemni, M. (2017). The Science of Gymnastics. Routledge. • Lloyd, R. S., & Oliver, J. L. (2019). Strength and Conditioning for Young Athletes. Routledge. • Sands, W. A., Caine, D. J., & Borms, J. (2019). Scientific Aspects of Women's Gymnastics. Routledge. • Weider, B. & Hume, J. (2016). Gymnastics: Skills, Techniques, Training. The Crowood Press.		