

RULES & TECHNIQUES OF GYMNASTICS

Course Code

PE-263

Credit Hours

3 (1-2)

Course Description:

This course is designed to provide comprehensive knowledge of gymnastics rules, techniques, and methodologies. Students will learn fundamental and advanced skills across various gymnastics apparatus and officiating, performance analysis, and safety measures.

Course Learning Outcomes (CLOs):

By the end of this course, students will be able to:

1. Demonstrate fundamental gymnastics skills for floor exercises and apparatus-based routines.
2. Explain the official rules and scoring systems for men's and women's gymnastics events.
3. Identify and implement safety measures to prevent injuries during training and competition.
4. Analyze performance to provide constructive feedback.
5. Officiate gymnastics events according to international standards.

Course Content:

Week 1-2

Introduction to Gymnastics

- History and Evolution of Gymnastics
- Categories: Artistic, Rhythmic, Trampoline
- Gymnastics as a Competitive and Recreational Sport

Week 3-4

Rules and Regulations

- Rules for Artistic and Rhythmic Gymnastics
- Scoring Systems: Difficulty, Execution, and Deductions
- Role of Judges and Officials

Week 5-6

Floor Exercises

- **Techniques:** Rolls, Cartwheels, Handstands, and Basic Tumbling Skills
- **Biomechanics:** Balance, Momentum, and Coordination
- **Practical:** Practice of fundamental skills and combining movements

Week 7-8

Apparatus Techniques – Artistic Gymnastics

- **Men's Apparatus:** Vault, Parallel Bars, Horizontal Bar, Rings
 - Techniques and Scoring Criteria for Each Apparatus
 - Practical Sessions for Selected Apparatus
- **Women's Apparatus:** Vault, Uneven Bars, Balance Beam, Floor Exercise
 - Techniques and Scoring Criteria for Each Apparatus
 - Practical Sessions for Selected Apparatus

Week 9-10

Rhythmic Gymnastics

- Fundamentals of Rhythmic Routines
- Equipment Use: Ribbon, Hoop, Ball, Clubs, Rope
- Practical: Simple Combinations and Choreography

Week 11-12

Safety Measures in Gymnastics

- Spotting Techniques and Crash Mats Usage
- Common Injuries and Prevention Strategies
- Warm-Up and Flexibility Drills

Week 13-14

Event Management and Officiating

- Setting Up Equipment and Routine Guidelines
- Mock Competitions and Scoring Practice

Week 15-16

Final Assessment and Feedback

- **Theory Examination:** Covering rules, techniques, and event management
- **Practical Demonstration:** Individual Routines on Selected Apparatus
- Performance Feedback and Recommendations for Improvement

Teaching and Learning Methods:

- **Lectures:** Concepts, rules, and theoretical aspects using multimedia tools
- **Practical Training:** Hands-on sessions on gymnastics apparatus
- **Workshops:** Safety training and officiating seminars
- **Peer Observation:** Group practice and feedback sessions
- **Video Analysis:** Evaluating professional performances to enhance understanding

Recommended Books (APA Style):

1. Carter, L., & Rodriguez, M. (2020). *Gymnastics: Skills, techniques, and training*. Champaign, IL: Human Kinetics.
2. FIG. (2022). *Code of points: Artistic gymnastics 2022-2024*. Lausanne: Federation Internationale de Gymnastique.
3. Murray, S. (2019). *Biomechanics of gymnastics: Principles and practice*. London: Routledge.
4. Smith, P. (2021). *Safety in gymnastics: Guidelines and best practices*. New York, NY: Springer.
5. Thomas, K. J. (2018). *Coaching gymnastics effectively*. San Diego, CA: Sports Training Press.