

Practical Learning (Gymnastics) II

Syllabus Number

ESS-212

Elective

1 credit

KUGIMIYA, Munehiro

1. Course Description

The intermediate course of gymnastics.

This course build from 3 apparatus that Floor exesise and Low Bar, Box hosue.

Floor exercises elements are start to handstand training after head spring fainaly hand spring. Low bar elements are front hip circle and back hip circle and kip up. fainaly continue these elements then will make one performance. Box horse elements are side spring, head spring fainaly hand spring.

there are 3 aims

1,We study and training about intermeditate elemments technique.

2,We sutdy and training about intermeditate supporting skill.

3,Agglesive and enjoy through sports.

Lets study for education teacher.