

Practical Learning (Gymnastics) I

Syllabus Number

ESS-211

Elective

1 credit

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1. Course Description

The beginner's course of gymnastics.

This course build from 3 apparatus that Floor Exercise and Low Bar, Box Horse.

Floor Exercise 1st elements are starting from front roll and back roll, develop into straddle. finally forward pike roll. 2nd is handstand stay training, Last is head spring. Low bar elements are front hip circle and back hip circle, process of kip up. Box Horse elements are astride straddle and pike.

There are 3 aims as following.

1,We study and training about basis elements technique.

2,We study and training about basis supporting skill.

3,Aggressive and enjoy through sports.

Lets study Gymnastics!