

Practical Teaching Skill (Physical Exercises)

Syllabus Number

ESS-312

Elective

2 credit

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1. Course Description

this lesson study about basic gymnastics skills.gymnastics is very important and very effective for maintain phigycal condition,so this is main teaching materials for every educational institution.

gymnastics is required high level flexibility,muscles power and coordination ability,so students must challenge hard exercise every lesson.in addition to do exercise,students must be care for safety and damage controll for self body.so this program require to study spotting technics.

this lesson study following three domeins.

1.floore exercise

2.volt

3.horizontal bar