

The University of British Columbia
School of Kinesiology

KIN 115B: PERFORMANCE ANALYSIS IN DEVELOPMENTAL GYMNASTICS

CLASS MEETING TIMES: Mondays and Wednesdays from 2:00-3:50pm
September 4 – October 21, 2019

CLASS LOCATION: Osborne Centre, Gym B

INSTRUCTOR: Jennifer Dober
Unit II, Osborne Centre
e-mail: jdober@deltagymnastics.com
General Info/ UBC Gymnastics Registration Desk 604-822-0207

OFFICE HOURS: Mondays or Wednesdays before and after class or by appointment.

COURSE FORMAT: This course is designed to provide opportunities for students to integrate theoretical concepts of developmental gymnastics in applied settings. Unless notified otherwise, students are expected to come to each class dressed and prepared to actively participate.

Acceptable dress includes shorts, comfortable pants that are easy to move in (not too baggy as we will be looking at different body positions), and t-shirts. Long hair should be tied back. Please remove jewellery before class. Outdoor shoes are not allowed in the gym, bare feet are recommended. No hats or chewing gum. Remove all rings before using the bars or rings.

COURSE POLICIES

1. Performance Analysis Courses Attendance Policy

Participation and attendance are compulsory. Students are expected to attend and participate in all scheduled classes. UNAUTHORIZED ABSENCE FROM MORE THAN TWO CLASSES IS CONSIDERED UNSATISFACTORY. A student may be denied the privilege of writing the final examination because of unsatisfactory attendance. In this case, course credit will NOT be granted. Students who are unavoidably absent due to illness or disability should report to the instructor as soon as possible. Students who cannot actively participate in classes due to physical illness or injury, must provide written medical documentation and make up any missed components in order to receive course credit.

2. University Policies

The University accommodates students with disabilities who have registered with the Disability Resource Center. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. A list of religious holidays involving fasting, abstention from work or study, or participation in all-day or fixed-time activities is available at <http://students.ubc.ca/publications/multifaith/>. Please let your instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar authorized commitments, cannot assume they will be accommodated, and should discuss their commitments with the instructor DURING THE FIRST WEEK OF CLASSES.

COURSE DESCRIPTION

This course is an examination of performance, leadership, and learning in developmental gymnastics.

LEARNING OUTCOMES

Upon completion of this course, successful students will:

- be able to explain the concept and scope of developmental gymnastics and the role that these gymnastics activities play in motor development
- have developed a movement vocabulary to describe the components and movement patterns inherent in developmental gymnastics activities
- be able to recognize and explain the factors that contribute to effective performance in developmental gymnastics
- demonstrate the ability to apply systematic observation and analysis to accurately recognize effective and ineffective performance in developmental gymnastics activities
- demonstrate effective leadership in developmental gymnastics environments
- be able to describe and demonstrate instructional strategies for leading safe, effective, and inclusive, developmental gymnastics classes and activities
- demonstrate proficiency in selected performance elements of developmental gymnastics

REQUIRED TEXT:

Gymnastics Foundations Manuals.

This manual can be purchased from the Bodyworks Registration office in the Osborne Center. This text is not available in the UBC bookstore.

Breakdown of Marks:

Practical Skills Testing & Participation	20%
Group Teaching Presentation	25%
Observation and Lesson Planning Assignment	25%
Final Examination on October 21	30%

Sport Governing Body:

Gymnastics BC www.gymnastics.bc.ca

-for information on upcoming courses and events

The University of B.C.
The School of Kinesiology
KIN 115B – Dance

Department /Program: School of Kinesiology

Year: Fall 2019

Course Title: KIN 115B – Performance Analysis of Dance

Course Schedule: Monday/Wednesday 2-4pm, Term 1, Sept 4 – October 21

Locations: Osborne Centre Unit 1 – Room 203A, Gym B

Instructor: Kay Huang Barnes

Office Location: Osborne Centre Unit II

Office phone: n/a

Office hours: Monday and Wednesday 1pm by appointment

e-mail: kay.barnes@ubc.ca

Course Description: The analysis of performance and instructional strategies in dance.

Format of the Course: Integrated theory and practice. Students must be prepared for both theory and practical work on each day of the class unless otherwise notified by the instructor.

Learning Outcomes

Upon successful completion of this course, students will be able:

1. To understand and organize a wide variety of movement vocabulary that will contribute to effective performance in dance, including motor, biomechanical, physiological, psychological and aesthetic aspects of performance.
2. To apply appropriate and specific methods of observation and analysis in the recognition of effective dance performance, including the detection and correction of errors.
3. To implement appropriate pedagogical strategies for effective instruction in dance, including conceptual approaches, technical approaches, skill progressions, tactical progressions, design of drills and lesson plans.
4. To demonstrate a basic proficiency in selected areas of dance.
5. To recognize the value of dance to other physical disciplines, stressing the developmental and educational aspects that can be applied to these various forms.

Required Reading: All materials will be provided via e-mails and photocopies.

Performance Analysis Courses Attendance Policy:

Participation and attendance are compulsory. Students are expected to attend and participate in all scheduled lecture and lab classes. **UNAUTHORIZED ABSENCE FROM MORE THAN TWO CLASSES IS CONSIDERED UNSATISFACTORY.** A student may be denied the privilege to write the final examination because of unsatisfactory attendance. In this case, course credit will NOT BE granted. Students who are unavoidably absent due to illness or disability should report to the instructor on their return to class. Students who, due to physical illness or injury, cannot actively participate in classes, may be required to retake the physical portion of the course in order to receive credit.

Last date for withdrawal without a W on your transcript:

HKIN 115B Assignments and course evaluation

1.	Resource Manual/Journal	(objectives 1,2,3,5)	15 marks
2.	Practical Performance	(objectives 3,4)	10 marks
3.	Field Assignment	(objectives 2,3,5)	15 marks
4.	Laban Movement Analysis	(objectives 1,2)	10 marks
5.	Instruction Presentation	(objectives 1,3,4,5)	25 marks
6.	Final Examination	(objectives 1,2,3,5)	25 marks

TOTAL

100 marks

Note: Final mark allocated is 50% of the total 100 marks as this course is 1.5 credits.

****STUDENTS MUST COMPLETE ALL COMPONENTS OF THE EVALUATION IN ORDER TO QUALIFY FOR COURSE CREDIT.**

- Students who are unable to complete the practical aspect of the course due to injury will be given a Standing Deferred in the course until practical requirements can be met.
- Students who know they will be absent on the date that an assignment is due must submit the assignment prior to the due date.
- Late assignments may result in marks deducted.

EVALUATION CRITERIA

RESOURCE MANUAL/JOURNAL (15 marks) Due Date: Monday, Oct 21

Students are required to keep a journal in order to record their practical exercises and assignments in class, as well as log the growth of their understanding of dance in relation to physical education and self – awareness. I encourage you to be self –evaluating in terms of your own weaknesses and strengths, as well as making observations of your peers. The journal will be marked for completeness, clarity and organization as well as original content. A comprehensive list of references and resources for teaching and pursuing dance must be included in the journal. This list will include:

- Dance resource centers in Vancouver as well as in Canada,
- Professional dance companies in Vancouver and the type of dance that they present,
- Schools and training centers for different genres of dance in Vancouver, and
- Books and electronic resources for teaching dance.

Marking Criteria: A thorough record of all practical exercises and assignments in class. **(6 marks)**
Understanding, evaluation, observations, insights and application of exercises. **(6 marks)**
Comprehensive list of resources. **(3 marks)**

I place a great importance on the journal. It represents the growth and insights gained by each individual and I use it to gauge your understanding of the material that has been presented in the class. As well, I look for further insights that you may have regarding the areas that we have dealt with. If you are absent on a certain day, please make a note of it in your journal and record the material that you have missed for that day.

In-Class Laboratory Work (10 marks)

Students will be evaluated on the basis of their contribution towards the material presented as well as their willingness to participate. You are required to be prepared for class discussions, to be willing to share relevant ideas (including movement ideas), to actively participate in all class activities and be supportive of each other.

Marking Criteria: **In-Class performance:**
Demonstrate willingness to participate, to take risks in creativity and contribution of movement ideas; (3)
Continually encouraging and supportive of others;(2)
High degree of critical contribution and interpersonal skills;(3)
Physical Performance (2 marks): Able to perform specific concepts and elementary dance vocabulary with clarity and precision, and proper body alignment. (2)

LABAN MOVEMENT ANALYSIS (10 marks) Due Date: Oct 2, 2019

Students are to hand in a written analysis of specific learned movement phrase using Laban's system of analysis.

FIELD ASSIGNMENT (15 marks)

Due Date: September 23, 2019

This is a critical analysis of a dance class based on criteria developed and discussed throughout the first weeks of the course. Use and apply the course material to respond to the following questions:

1. Choose a dance class in a training institution and discuss its usefulness for your future application.
2. Review the dance class's objectives, teaching style, and content.
3. Discuss the effectiveness of the class, and how you might improve upon it.
4. Discuss how the content of the dance class be transferred to benefit other physical activities.
5. Discuss how you can adapt the presented material to an educational setting.

Each question is worth 3 marks. Please be sure to write in complete sentences and paragraphs. Extra consideration will be given for particularly insightful observations.

INSTRUCTION PRESENTATION (25 marks) October 9 and October 16

The course will culminate with a presentation, by a self-selected group of 4, of a 30-minute dance unit taught to the rest of the class. Each group will be given a collective mark and therefore it is essential that each member of the group contribute equally.

Each group will instruct a dance unit to the class. The class will include a written component, a movement theme focus, and a specific age group target. Further criteria will be handed out closer to the date of the assignment.

The final presentations offer the student an opportunity to process and execute the concepts and pedagogical strategies studied over the duration of the course. The performing aspect of these presentations promotes a sense of cooperation and support amongst peers, as well as allowing for creative expression, both individual and collective. (22)

There will be a time for peer-feedback following the presentations, as well as feedback from the course instructor at an appointed time outside the class. A clearly written description of the presentation will be given to the instructor and to all the students in the class and be included in the resource manual. (3)

FINAL EXAM (25 marks) Monday, October 21, 2019

The exam will draw on all material presented in class as well as from required readings.