

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**  
**PHED 274: section 001 Dance and Educational Gymnastics (2 credits)**  
**Fall 2014**

**DAY/TIME:** Tuesday, 4:30-7:10 p.m.

**PROFESSOR:** Chris Dofflemyer

**LOCATION:** RAC 2203

**EMAIL ADDRESS:** rdoffle1@gmu.edu  
rcdofflemyer@fcps.edu

**OFFICE LOCATION:** TBA

**PHONE NUMBER:** 703-973-2006

**OFFICE HOURS:** By appointment only

**FAX NUMBER:** 703-633-7597

**PREREQUISITES:** BPRE/BSED PHED Majors only

**COURSE DESCRIPTION:** Skill and content knowledge in dance, rhythms, and educational gymnastics.

**COURSE OBJECTIVES:**

At the completion of this course, students will be able to:

1. Demonstrate skill and content knowledge in dance and educational gymnastics.
2. Self-assess and gain feedback from instructor and peer analysis
3. Provide the history of dance and gymnastics
4. Present refined movements in dance and gymnastics for developing routines
5. Analyze the skills of others and provide feedback as appropriate
6. Conduct authentic assessment and student developed rubrics
7. Prepare music and equipment for varied skill levels in dance and gymnastics
8. Demonstrate in-depth knowledge of planning special dance and gymnastics events similar to those practiced in public schools

**PROFESSIONAL ASSOCIATION STANDARDS**

Further, upon completion of this course, students will meet the following professional accreditation standards:

National Initial Physical Education Teacher Education Standards, National Association for Sport and Physical Education (NASPE)

*Standard 1: Scientific and Theoretical Knowledge*

*Physical education teacher candidates know and apply discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals.*

*Standard 2: Skill and Fitness Based Competence\**

*Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health enhancing fitness as delineated in the NASPE K – 12 Standards.*

**COURSE OVERVIEW**

1. Participate [listen, respond, present, discuss] in a thoughtful, informed constructively critical manner.
2. All written work [papers, projects and tests] carefully and promptly done. Unauthorized late

- assignments will automatically receive a grade lower than if it were completed on time.
3. Give evidence of having read significantly from text, current periodicals, or equivalent sources evidenced by comments and questions in discussions and presentations or citations in written work.
  4. Confer with the instructor when the need arises.
  5. Modeling - For each gymnastic skill/Dance, instructor will present a basic skill[s] application and/or strategies lesson. Lessons will consist of motor development, motor learning and/or biomechanics that relate to the skill[s].

### **REQUIRED TEXT for Dance portion of class**

Bennett. (2006). *Rhythmic Activities and Dance-W/CD*. Champaign, IL: Human Kinetics

### **REQUIRED TEXT for Gymnastics portion of class**

Werner, P.H. (1994). *Teaching Children Gymnastics*. Champaign, IL: Human Kinetics

### **NATURE OF COURSE DELIVERY:** Face to Face

### **EVALUATION: Grading Scale:**

|            |            |            |                |
|------------|------------|------------|----------------|
| A = 94-100 | B+ = 87-89 | C+ = 78-79 | D+ = 67-69     |
| A- = 90-93 | B = 84-86  | C = 74-76  | D = 65-66      |
|            | B- = 80-83 | C- = 70-73 | F = 64 or less |

**\*\* Students are responsible for all work conducted in class regardless of being absent.**

**Assessment is based on a total of 500 points for dance half of the course and 500 points for the gymnastics half of the course. The two grades will be averaged for the final grade using a 1000 points total.**

### **Gymnastic Part 1**

**Requirement #1 - Participation [22.5%] - 225 pts (15 points/class attended) -**

- Attendance at all classes is expected. This is a hands-on, participatory course – you expected to be in attendance. Absenteeism will be reflected in one's final grade.
- Based on quality and quantity of daily participation, attitude, individual growth and group work in all classes.
- Class periods have been arranged into discussion and activity sessions. Please be sure to come prepared to each class period dressed and ready for active participation in a variety of team sport activities.
- Based on assignments of various kinds related to readings, discussions and questions/issues.

**Requirement #2 – Journal writing [5%] – 50 pts (10 points per writing)**

- Journal writing will be a reflection of lecture notes and assigned chapters in the text. You will be assigned 2-3 questions per week. Questions will be on blackboard

**Requirement # 3 - Gymnastics Lesson Plan [10%] – 100 pts**

- Prepare a Learn model lesson plan

- Link the state standards to the appropriate grade level indicator
- The lesson plan must fulfill all components of the learn model including the differentiated instruction and adaptation for diverse learners.
- The blank template will be posted on blackboard

**Requirement # 4 – Rubric/Assessment [3.75%] – 37.5 pts**

- Rubric development - Rubric located on Blackboard - You will be create/develop a rubric on the basic skills relative to the activity chosen

**Requirement # 5 Presentation [10%] – 100 pts**

**General Presentation Information**

- Presentation and development of an activity:
- That relates to and strengthens basic/specific gymnastic skills (Skill Related Lesson)
- Example - a lead-up skill or progressive skill (presentation objectives should relate to skill criteria chosen)
- Some aspects of cognitive thought should be included
- There should also be some mention as to how this/these skill[s] relate to other learning strands [exercise physiology, biomechanics, motor learning, social/psychology, aesthetics, and history].
- Make constant referrals/cues during your lesson of your activity's relevance to the skill/unit being taught!
- As you plan, develop presentations/lessons to insure maximum on-task time/participation/activity time for each student - *strive for maximum student involvement.*
- Be creative, innovative, and resourceful as you plan and implement these lessons.
- You will teach lesson to remainder of class.
- There is no set time frame for presentations – quality presentations are expected

**Gymnastic EXAM** Written Objective [10%] 100 Points

- Short answer, comprehensive to include lecture, discussion, worksheets, above requirements & text reading references.

**Part 2 Dance Portion of the class**

**Requirement #6 – Journal writing {5%} – 50 points (10 points per writing)**

- Journal writing will be a reflection of lecture notes, assigned chapters in the text and your attendance to at least one of the following George Mason Dance Company Concerts or one professional concert noted below.
  - GMU Dance Company Spring Gala Concert
    - Limited free tickets available to students beginning DATE
  - GMU Dance Company Fall Concert
    - Limited free tickets available to students beginning DATE



|  |             |                    |
|--|-------------|--------------------|
| ✓ Individual Gymnastics Activity Pres. | 10%         | 100                |
| ✓ Learn model Lesson Plan              | 10%         | 100                |
| ✓ Gymnastic Mid Term Exam              | 10%         | 100                |
| ✓ Rubric/Assessments                   | 7.5%        | 75                 |
| ✓ Individual Dance Activity Pres.      | 10%         | 100                |
| ✓ Team Dance presentation              | 5%          | 50                 |
| ✓ Activity Portfolio                   | 5%          | 50                 |
| ✓ Final Exam                           | 10%         | 100                |
| ✓ <b>TOTAL</b>                         | <b>100%</b> | <b>1000 Points</b> |

### **MASON ATTENDANCE POLICY:**

Students are expected to attend every class. Class attendance is essential for success in this course. In-class participation is important to the individual student and to the class as a whole. Because class participation will be a factor in grading, instructor may use absence, tardiness, or early departure as de facto evidence of non-participation. Students who miss an exam with an acceptable excuse may be penalized according to the individual instructor's grading policy, as stated in the course syllabus.

**Attendance is taken prior to the start of class. One absence in the dance portion and one absence in the gymnastics portion of this class is permitted at no consequence to a student's grade. For each absence beyond this limit, the student's final grade will drop one full letter. For example: If a student misses 2 times in the Dance portion of this class and 0 times in the gymnastics portion and their final grade would have been a "B", they will now earn a final grade of a "C".** Moreover, **four** absences may result in a failing grade. It is **not** possible to make up any missed classes.

### **Regarding coming late and/or leaving class early:**

**An arrival of 15 minutes or less constitutes a tardy. Two class tardies equal one absence. Arrivals that are more than 15 minutes late are considered an absence.**

If it is necessary to leave class early, inform the instructor ahead of time. Leaving class early will count as 1/2 attendance.

**Students are solely responsible for submitting assignments on time and for obtaining any class information from classmates including lecture notes, updates, changes of calendar and handouts due to absences. Assignments and tests must meet deadlines or no credit is earned.** Computer and printer failures are not excused. Advance approval from the professor is needed for exceptions. Only extreme emergencies and university-sponsored functions are exempt from this policy.

**PROFESSIONAL DISPOSITIONS:** This course is foundational to all courses that lead to teacher licensure and the BS. Ed. Degree. Student attendance and participation in class activities are directly related to professional development and dispositions in this career; therefore, you are expected to attend class regularly. You are entering a licensure program that requires several developmental stages toward becoming a professional committed to student learning in schools. Professional dispositions are values, attitudes and professional ethics toward learners, peers, professors and the learning process. You will self-evaluate on dispositions throughout the semester and examine your commitment to the teaching profession.

**APPROPRIATE DRESS:** You are required to dress for activity. Clothing that is appropriate for movement and will not restrict your motion should be worn. Athletic shoes and socks are required.

**Grading Standards:**

- A grade of “A” is given for superlative work that demonstrates a profound commitment to the course material, and further, that goes on to employ this material as a springboard for independent thought and work.
- A grade of “B” is given for very good work that completely fulfills all the requirements of the course in a conscientious and dedicated manner, and that demonstrates mastery of the course content.
- A grade of “C” is given for work that fulfills all the requirements of the course in a satisfactory manner, but that falls short of demonstrating rigor and mastery.
- A grade of “D” is given for work that is unsatisfactory
- A grade of “F” is given for work that fails to fulfill the requirements of the course.

*Honor Code, Copyright, & Computing Policies:* **To promote a stronger sense of mutual responsibility, respect, trust, and fairness among all members of the George Mason University community and with the desire for greater academic and personal achievement, we, the student members of the university community, have set forth this honor code: Student members of the George Mason University community pledge not to cheat, plagiarize, steal, or lie in matters related to academic work.**

You are expected to adhere to all University policies and guidelines during your participation in this course. All work must be your own. Inappropriate use of the work of others is a George Mason University Honor Code violation. Please review the University’s website for information on the following: Honor Code and Judicial Procedures; Copyright/Fair Use; and Responsible Use of Computing.

**If you are a student with a disability and you need academic accommodations** please see me and contact the Disability Resource Center (DRC) at 703.993.2474. All academic accommodations must be arranged through that office. Students must inform the instructor at the beginning of the semester, and the specific accommodation will be arranged through the Disability Resource Center.

**It is not possible to receive an incomplete grade in this class.** If you anticipate difficulty in completing this course see your instructor immediately to discuss your options.

**You are encourage to sign up for the Mason Alert System** by visiting the website <https://alert.gmu.edu>. An emergency poster exists in each classroom explaining what to do in the event of crises and that further information about emergency procedures exists on <http://www.gmu.edu/service/cert>.

For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

**NOTE:** Cell phones, pagers and alarms must be turned off in class. **No exceptions. Texting in class will result in a daily participation grade of “0”.**

**TENTATIVE COURSE SCHEDULE:**

|   |           |    |   |
|---|-----------|----|---|
| T | August    | 26 | Defining Educational Gymnastics<br>Developmentally Appropriate Gymnastics<br>History of Gymnastics<br>Lab: Traveling skills and Animal Movements<br>HW-Read Chapters 1 and 2 in <u>Teaching Children Gymnastics</u> (Journal #1 on Chapter 1& 2)                |
| T | September | 2  | Effective Teaching Methods for Gymnastics<br>Lab: Rolling skills/Tumbling<br>HW-Read Chapter 3 in <u>Teaching Children Gymnastics</u> (Journal #2 on Chapter 3)   |
| T | September | 9  | Scope and Sequence in Gymnastics<br>Rolling Skills/Tumbling<br>Read Chapter 4 in <u>Teaching Children Gymnastics</u> (Journal #3 on Chapter 4)  |
| T | September | 16 | Assessing skill in Gymnastics<br>Weight Transfer skills<br>Reading: Look at the lessons in your textbook and choose one to teach or pick a skill that we worked on in class to write a lesson on and teach it.  |
| T | September | 23 | Project assignments for Tumbling/weight on hands skills/inverted balance skills<br>Prepare lessons using Learn Model template   |
| T | September | 30 | Prepare individual and partner tumbling routines<br>Student taught lessons <b>Learn Lesson Plan due!</b>  |
| T | October   | 7  | <b>Gymnastic Exam</b> (Journal #4 Reflective on physical experience to date.)   |
| T | October   | 14 | No class Columbus Day Recess  |
| T | October   | 21 | Discuss Exam and start apparatus (beam/vault) practical experience  |
| T | October   | 28 | Defining dance in Physical Education and why we teach dance.<br>Overview of the course and expectations<br>Lab: Beat coordination test Jump Rope skills<br>HW-Read Chapters 1 and 2 in <u>Rhythmic Activities and Dance</u> (Journal #5 on apparatus equipment) |

|   |          |    |   |
|---|----------|----|---|
| T | November | 4  | Designing a Dance Unit<br>Lab: Circle and folk dances<br>Read Chapters 3 and 4 in <u>Rhythmic Activities and Dance</u> (Journal #6 on Chapter 3 & 4)  |
| T | November | 11 | Effective teaching methods<br>Lab: Line dances and Contra dances<br>Determine groups for group dance project<br>Read Chapter 5 in <u>Rhythmic Activities and Dance</u> (Journal #7 on Chapter 5 ) |
| T | November | 18 | Assessment of dance skill<br>Lab: Using props in dance<br>Work on group dance project<br>Read Chapter 6 in <u>Rhythmic Activities and Dance</u> (Journal #8 on Chapter 6)                         |
| T | November | 25 | Lab: Dances in scattered spaces and creative dances<br>Work on group dance project or (Guest Teacher Mrs. Knitter Tentative)<br>Reflective Journal #9   |
| T | December | 2  | Review for final<br>Student taught dances<br>Work on group dance project Group project rehearsal (Journal #10 Reflective post teacher presentation)   |
| T | December | 9  | Reading day No class  |
| T | December | 16 | Final Exam<br>Dance written final exam<br>Student led dances if needed<br>Portfolio projects due  |

*Note: Faculty reserves the right to alter the schedule as necessary.*

#### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].



- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

