

# Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL (PROJECT BASED LEARNING)

## **COMMUNITY CLASS TITLE: Gymnastics classes / instruction**

**GRADE OR AGE LEVELS:** 6-11 yrs for lower levels / 12-18 yrs for advanced levels

**FORMAT:** IN-PERSON / various days

**TOTAL REQUIRED HRS:** 1-4 hrs per week depending on skill level

**SEMESTER HOURS POSSIBLE:**

**LOCATION:** 2125 Industrial Pkwy, Elkhart IN 46516

**INSTRUCTOR:** Kathy Krauter

**CONTACT INFORMATION:** 574-320-2346 / kkrauter@aol.com

## **ADDITIONAL REGISTRATION AT SITE REQUIRED? NO**

**INSTRUCTOR QUALIFICATIONS:** 40 yrs as head coach/instructor, USAG certified professional instructor, SafeSport certified, USAG background check, member of USAG, AAU, IHSA and NHSGA facility certification.

**COURSE DESCRIPTION (OVERVIEW):** instruction in gymnastics

## **SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES**

***Describe activities that will reinforce the lesson. Include any work and time to be required outside of class:*** Depending on skill level, development of skill sets as defined by the sport's governing body's (USAG) recreational program, and to promote confidence, strength, balance and flexibility. Body shaping, strength and endurance training, as well as

various gymnastics skills is taught in every class.

### **COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:**

***Steps to check for student understanding, along with dates or # of weeks into class:***

objective is to complete the semester with a noticeable increase in strength, coordination, flexibility and confidence. Assessments for progress are done at the middle and end of the semester.

### **STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status? Mid semester and end.**

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned into Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment: we assess the progress of each skill set, which can be different for each student because they begin at different starting points. We assess what they are capable of at the beginning of the semester and then build a skill set target for the kids to shoot for during the semester. We monitor the progress during each class**

**ADDITIONAL RESOURCES: (online, books, video, etc.): N/A**

## **CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.**

**Attendance: minimum of 85-90% participation in order to pass**

**Weather: we contact students via text or social media for weather related delays or cancellations.**

**Other:**