

**HHPK 250 - Physical Activity Skills I: Conditioning, Individual and Dual Sports
Summer I 2015**

Class Meeting Time: MTWR 9:00-10:50
Instructor: Dr. Steve Prewitt
Office: Field House 100H
Office hours: TBA in class and by appointment

Class Meeting Place: Whitley East Studio (205)
E-mail: steve.prewitt@tamuc.edu
Office Phone: 903-468-8196

Textbook (required): Schmottlach, Neil and Jerre McManama. Physical Education Activity Handbook, 13th Edition. Benjamin Cummings Publishing, 2010. (Most editions that are close to this one will work.) Bring your textbook, a notebook or folder, and a writing utensil to class with you daily. You will be receiving some handouts in class and will be expected to print some handouts from e-college and bring them to class with you.

Course Description:

The purpose of this course is to develop the techniques for sports conditioning and fundamental skills used in teaching individual/dual sports. This course will also focus on the various stages of games skill development for a variety of activities.

Course Objectives: The student will

1. Develop an understanding and knowledge of the rules, regulations that govern activity, play, games, and sport related to the following activities: plyometric training, circuit and interval training, powerwalking, racewalking, geocaching, indoor rock climbing, racquetball, badminton, country/western dance, Zumba, kayaking, tossing games, and tinikling.
2. Demonstrate the skills needed to be proficient when participation in plyometric training, circuit and interval training, powerwalking, racewalking, geocaching, indoor rock climbing, racquetball, badminton, country/western dance, Zumba, kayaking, tossing games, and tinikling.
3. Identify drills and lead-up games for the teaching of skills needed to be proficient in various individual and dual activities and sports.
4. Use the basic terminology associated with plyometric training, circuit and interval training, powerwalking, racewalking, geocaching, indoor rock climbing, racquetball, badminton, country/western dance, Zumba, kayaking, tossing games, and tinikling.
5. Develop a knowledge and understanding of the proper safety precautions that may be used when participation in physical activity is desired or required.

Grading Scale

Percent	Points		
90-100 %	900-1000	A	(exceptional, excellent, mastery)
80-89%	800-899	B	(above average, good performance and learning)
70-79%	700-799	C	(average)
60-69%	600-699	D	(below average)
0 – 59%	0-599	F	(failing)

Evaluation

	<u>Percent/points</u>
1. Exam 1	10% (100)
2. Exam 2	10% (100)
2. Skills tests (8x50 points each)	40% (400)
3. Sport quizzes (6x50 points each)	30% (300)
4. Outside of class experience	10% (100)

Assignments are always due at the beginning of class on the due date. No late assignments are accepted.

Exam

Your exams will be online. They are set up on a time limit. Do not think that you will be able to look up all the answers within the designated period. You won't. Exam questions will come from lecture notes, textbook, quizzes, and information addressed in class. To perform well on the exams, thoroughly study your notes, handouts, read each assigned chapter more than once, and understand all assignments.

Skill tests

Eight skill tests will be given during the term. You will have the opportunity to practice each skill test before you attempt it. You must be present in class to take the skill test. I will not test you outside class or on another day, except in the case of an emergency or a pre-arranged University-excused absence.

Sport Quizzes

Each sport quiz will be taken within e-college. They are due by 11:59pm on the day specified on the schedule below, and no late quizzes will be accepted. Be sure to save your answers during the quiz and submit before time expires. Before you start each quiz, you should read the section in the textbook on that sport and/or any handout I provide regarding that sport (see the schedule). You may use your book during the quiz, but you will not have much time, so you need to read ahead.

Outside of Class Experience

You have to participate in an outside of class experience in a LEGITIMATE INDIVIDUAL or DUAL sport that is completely **new to you**; this means you have NEVER done it before!!! If you do not pick something from the following list, you must get my approval for it: archery, martial arts, fishing, waterskiing, snowskiing, trap/skeet, golf, bowling, table tennis, pickleball, handball, fencing, hunting, yoga, Pilates, or squash. If one of these events is offered through campus intramurals, you may participate in the tournament for your experience. If not, you must participate in a practice session, hunting or shooting session, game, or match. If you don't know anything about the activity, read the chapter ahead of time. Answer the following questions in complete sentence form; please use bullets to separate sentences.

- Where did you participate?
- With whom?
- When did you participate (date, start time and end time)?
- Explain briefly what you did.
- Were there/could there be fitness benefits from regular participation in this activity? Explain.
- What was challenging/easy about this activity?
- What was the final outcome/score?
- Do you have plans to participate in this activity again? Why/why not?
- Would you recommend this activity to a friend? Why/why not?

In addition, you must provide pictures of yourself participating in the activity. Paste these pictures into your Word document. This activity must be completed between the first day of this class and the time you submit your assignment.

This assignment be done in Microsoft Word and must be titled "yourlastname HHPK 250.doc" and dropped in the appropriate dropbox in e-college. At the top of the document, include your name and the name of the assignment (HHPK 250 Outside Experience).

Note** I MAY provide some opportunities for groups of students to participate in some of these activities at little to no cost, with some expert instruction. Pay attention to announcements and emails!**

Statement on Student Behavior

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

Professional attire:

- Athletic shoes, socks, and attire. No sandals. No denim. No profanities or advertising for alcohol, tobacco, or other unhealthy products.
- Dress to participate in the activity; you are!
- If you are not dressed appropriately, you will lose 5 points per day. If you are not dressed safely, you will not be allowed to participate and will be considered absent.

******* Please dress appropriately for the designated activity EVERY DAY. If in doubt, wear workout clothes. ALWAYS wear athletic footwear.**

Course Policies

1. Students are expected to be in class on time, ready to participate.
2. Each tardy will result in a **5 point deduction** from the final grade. Each absence will result in a **15 point deduction** from the final grade. You must be in class every day. If you are more than 10 minutes late, you will be considered absent. Leaving before class is over is the same as arriving late.
3. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is for one of the reasons listed below, you will be able to make up the work (within two business days or at the instructor’s convenience). To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- Participation in an activity appearing on the University’s authorized activity list.
 - Death or major illness in a student’s immediate family.
 - Illness of a dependent family member
 - Participation in legal proceedings or administrative procedures that require a student’s presence.
 - Religious Holy Day
 - Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
 - Required participation in military duty
4. Any student missing an exam, test, or assignment without prior arrangement will receive a score of zero.
 5. YOU MUST be familiar with e-college; familiarize yourself with the online portion of this class.
 6. You MUST check your e-mail (LEO) regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me.
 - While you are in class, I expect you to participate. That means that you should a) actively prepare by reading the assigned materials, b) TALK (ask and answer questions), c) bring your notes and textbook, d) bring your ideas, and e) refrain from anything that is not class-related during class (newspaper, reading for another class, text messages, etc). Students who choose to disrupt class by not participating will be asked to leave. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT.** This is a zero-tolerance policy. If you use a cell phone or other electronic device during class, you will lose **5 points per occurrence**.
 7. **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. Please turn in your work early. I **DO NOT** accept late assignments.
 8. If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

There MAY be opportunities for you to earn extra credit points. I will announce any opportunities in class. Do not ask if you can do something for extra credit that is not provided as an opportunity to the entire class. The answer will be “no.” The most points you can earn from any source of extra credit is 40.

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!! I WILL TELL YOU WHEN/IF IT DOES! Our activities are partly dependent on weather and facilities. If you miss class, be sure to talk to someone to be sure the meeting place has not changed. If we are supposed to be outside and it is raining, meet in the classroom.

NOTE: If no location is listed, we are meeting at the regular class meeting place (Whitley Gym 205).

Day	Date	Topic for the day	Due/in-class activity	Meeting place (if not Gym 205)/ Bring to class (print from doc sharing)
M	6/8	Syllabus, procedures, etc. Body Weight Circuit	We will discuss the purpose of the course, procedures for the course, etc.	
T	6/9	Boxing Workout Yoga		
W	6/10	Badminton Pickle ball		Meet @ Field House
TH	6/11	CW Dance		Whitley 205
M	6/15	Archery Kayaking		Meet @ Cain Pond
T	6/16	Dance Ballroom Basic	CW Dance Test	Meet @ Whitley 205
W	6/17	Badminton	Badminton Skills	Meet @ Field House
TH	6/18	Boot Camp		Whitley 205
M	6/22	Rock Climbing		Meet @ MRC
T	6/23	Race Walking		Meet @ Field House
W	6/24	Tennis		Meet @ Tennis Courts MRC
TH	6/25	Test #1		Online – NO CLASS
M	6/29	Racquetball/ Rec Center Workout	Racquetball skills tests	Meet at Rec Center
T	6/30	Backyard Games		Meet @ Field House
W	7/1	Disc Golf		Meet @ Outdoor Adventure
TH	7/2	Boot Camp		Meet @ Whitley 205
M	7/6	Bowling		Meet @ TBA
T	7/7	Zumba		Meet @ Whitley 205
W	7/8	THE RACE		Meet @ Field House
TH	10/29	Final		Online – NO CLASS

Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library

Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

StudentDisabilityServices@tamuc.edu