



HPK 250.01E-Physical Activity Skills I: Individual/Dual Sports COURSE SYLLABUS: SPRING 2018

Course Time: TR 12:30-1:45 p.m.

Course Location: Whitley Gym 205 (Studio)

Instructor: Ruth Beelitz, MS, CSCS, CI-CPT

Office Hours: By Appointment either Face-to-Face or by Phone

Office Fax: 903-886-5365

University Email Address: ruth.beelitz@tamuc.edu

COURSE INFORMATION

MATERIALS-TEXTBOOKS, READINGS, SUPPLEMENTAL READINGS:

No required textbook. All information (handouts, videos, etc.) will be posted to eCollege and through discussions/teachings during class.

Other materials: Several handouts and videos will be posted to eCollege under the Doc Share folder. You are responsible for obtaining and watching these before we cover the activity in class.

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.

STUDENT LEARNING OUTCOMES:

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, swimming and water aerobics, ballroom dancing, country/western dancing, badminton, Zumba, kayaking/paddleboarding, archery, tossing games, yoga, Pi-Yo, SpikeBall, pickleball, and tinikling.
2. Demonstrate the skills needed to be proficient when participating in plyometric training, circuit and interval training, powerwalking, racewalking, geocaching, indoor rock climbing, swimming and water aerobics, ballroom dancing, country/western dancing, badminton, Zumba, kayaking/paddleboarding, archery, tossing games, yoga, Pi-Yo, SpikeBall, pickleball, 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, swimming and water aerobics, ballroom dancing, country/western dancing, badminton, Zumba, kayaking/paddleboarding, archery, tossing games, yoga, Pi-Yo, SpikeBall, pickleball, and tinikling.

COURSE REQUIREMENTS

- A. **Class participation:** This course is designed as a hands-on learning experience. To get the most out of it, class attendance and participation is a must. For each unexcused absence, 15 points will be deducted from your final grade. Five points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. It is imperative that students are on time to class, as instructions are given for the day's activity at the start of each class. Leaving class early or not participating will be treated as an absence. Class assignments will not be accepted after the due date. Each student will be responsible for signing in next to their name each class day. Attendance will be taken from the sign-in, therefore it is your responsibility to sign-in each day. You will not be allowed to sign-in for any other student, nor have anyone sign-in for you. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence. (I need a copy of the documentation that I can keep.)
- B. **Skills tests (9)(450):** Nine skills tests will be given during the semester. 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 of class or on another day, except in the case of an emergency or pre-arranged University-excused absence.
- C. **Sport Quizzes (9)(450):** Each sport quiz will be taken within e-college. They are due by the Sunday at 11:59pm (be sure to check specific dates), and no late quizzes will be accepted. If you have not achieved an 80% or higher on the quiz before class, you will not be allowed to participate. Be sure to save your answers during the quiz and submit before time expires. Before you start each quiz, you should review the section on that sport and/or any handout I provide regarding that sport. You may use your notes during the quiz, but you will not have much time, so you need to read ahead.

Outside of Class Experience (100): You must participate in an outside of class experience in a LEGITIMATE 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: martial arts, fishing, waterskiing, snow skiing, trap/skeet, golf, bowling, table tennis, tennis, horseback riding, handball, fencing, hunting, Pilates, Yogalates, top golf, paintball, 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 must 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).

- D. **EXTRA CREDIT OPPORTUNITIES:** There MAY be opportunities for you to earn extra credit points. I will announce any opportunities in class or through email. 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 for the semester is 50 (5%).

EVALUATION:

Skills tests (9x50 points each)	45% (450 pts)
Sports quizzes (9x50 each)	45% (450 pts)
<u>Outside of Class Experience</u>	<u>10% (100 pts)</u>
Total	100% (1000 pts)

No late work will be accepted.

GRADING POLICY: At the end of the semester, I will assign your earned letter grade according to the schedule below:

A= 900 pts and above (90% and above)

B= 800-899 pts (80-89.9%)

C=700-799 pts (70-79.9%)

D= 600-699 pts (60-69.9%)

F= 599 pts and below (59.9% and below)

A grade of C or above must be maintained in all courses of your major field and for teacher certification.

NOTHING can be done to change your final grade once it is assigned. (No extra credit, extra assignments, retaking tests, etc.) Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

ACCESS AND NAVIGATION

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University Commerce. To get started with the course, go to:
<http://www.tamuc.edu/myleo.aspx>.

You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamuc.edu.

It is strongly recommended that you perform a "Browser Test" prior to the start of your course. To launch a browser test, login to Pearson LearningStudio, click on the 'myCourses' tab, and then select the "Browser Test" link under Support Services.

Pearson LearningStudio Student Technical Support

Texas A&M University Commerce provides students technical support in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.

If at any time you experience technical problems (e.g., you can't log in to the course, you can't see certain material, etc.) please contact the Pearson LearningStudio Help Desk, available 24 hours a day, seven days a week.

The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on '*Live Support*' on the tool bar within your course to chat with an Pearson LearningStudio Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.
- **Email:** helpdesk@online.tamuc.org to initiate a support request with Pearson LearningStudio Technical Support Representative.

Accessing Help from within Your Course: Click on the '*Tech Support*' icon on the upper left side of the screen inside the course. You will then be able to get assistance via online chat, email or by phone by calling the Help Desk number noted below.

Note: Personal computer problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, an Internet cafe, or a bookstore, such as Barnes & Noble, etc.

Policy for Reporting Problems with Pearson LearningStudio

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure **MUST** be followed?

Students must report the problem to the help desk. You may reach the helpdesk at helpdesk@online.tamuc.org or 1-866-656-5511

Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number

Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number

At that time, I will call the helpdesk to confirm your problem and follow up with you

PLEASE NOTE: Your personal computer/access problems are not a legitimate excuse for filing a ticket with the Pearson help desk. You are strongly encouraged to check for compatibility of your browser BEFORE the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. ONLY Pearson LearningStudio based problems are legitimate.

Internet Access

An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your professor. View the requirements as outlined in Technology Requirements above for more information.

myLeo Support

Your myLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at <https://leo.tamuc.edu>.

Learner Support

Go to the following link [One Stop Shop](#)- created to serve you by attempting to provide as many resources as possible in one location.

Go to the following link [Academic Success Center](#)- focused on providing academic resources to help you achieve academic success.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

I strive to create an environment of open communication. I will do my best to make sure you have all the information you need to be successful in this class. Email is usually the best way to communicate with me, but feel free to come by my office.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

COURSE SPECIFIC PROCEDURES/POLICIES:

A. 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).

B. PROFESSIONAL ATTIRE

Athletic shoes, socks, and attire. No sandals. NO DENIM or non-athletic apparel. No profanities or advertising for alcohol, tobacco, or other unhealthy products. Dress to participate in the activity; you are! Be sure your clothing is modest. You must wear a shirt at all times and no sagging shorts. Women must wear a support bra/top and must have abdomen covered at all times; shorts must also have at least a 3" inseam. If you are not dressed appropriately, you will lose 15 points per day. If you are not dressed safely, you will not be allowed to participate and will be considered absent. Students who cannot participate due to improper clothing will receive a zero on any graded items they miss due to improper attire. ***Please dress appropriately for the designated activity EVERY DAY. If in doubt, wear workout clothes. ALWAYS wear athletic footwear.***

C. Students are expected to be in class on time, ready to participate.

D. Each tardy will result in a **5 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.

- E. **PARTICIPATION:** Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be completed and returned to the instructor. This waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor to ensure safe participation in physical activity. If special accommodations are needed please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.
- F. 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 one of the reasons listed below, you will be able to make up the work. 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
- G. **LATE ASSIGNMENTS:** Late assignments will not be accepted. All assignments are due at the beginning of class on the date they are due. If you know that you will not be able to attend class on a day that an assignment is due, please let me know and make plans to turn in the assignment before the due date. All assignments turned in after the due date will be considered late.
- H. Any student ***missing an exam or assignment*** without prior arrangement will receive a ***score of zero***.
- I. YOU **MUST** be familiar with e-college; familiarize yourself with the online portion of this class.
- J. 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.
- K. **CELL PHONES:** Cell phones should be out of sight and placed on silent during class. 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. If there are special circumstances in which you need to be available to answer your cell phone, please let me know before class.

- L. **PLAGIARISM/ACADEMIC DISHONESTY:** Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**
- M. **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.
- N. 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.
- O. **NO PROFANITY.** No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. No profanities or advertising for alcohol, tobacco, or other unhealthy products.
This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

UNIVERSITY SPECIFIC PROCEDURES/POLICIES:

- P. **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, the 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

- Q. **STUDENT CONDUCT:** All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).
- R. **CAMPUS CONCEALED CARRY:** Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34>)

[SafetyOfEmployeesAndStudents/34.06.02.R1.pdf](#)) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Assumption of Risk

I hereby waive any claim I may have as a result of my participation in the above mentioned course. I hereby agree to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, Texas A&M University - Commerce, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of my participation in the this course.

COURSE OUTLINE/CALENDAR

This schedule is tentative and is subject to change at my discretion. I will let you know if the schedule changes! These changes will be sent via email. Make sure you check your email on a regular basis. If you miss class because of a failure to check email it is not considered an excused absence.

DAY	DATE	ACTIVITIES/GAMES	ASSIGNMENTS/QUIZZES DUE BY 11:59 PM	LOCATION/MATERIALS TO REVIEW
T	1/16	Intro to Class- We will discuss purpose of the course, procedures for the course, etc.	SYLLABUS EXTRA CREDIT QUIZ (15) DUE 1/19	Whitley Studio 205
R	1/18	Muscular endurance/circuit/interval training-discuss handouts	<i>Circuit/interval/fitness handout (print as "handouts", 3 sheets per page); Karvonen Formula handout/Muscle man handouts</i>	Whitley Studio 205 Bring handouts to class
T	1/23	Circuit/interval training	MUSCULAR ENDURANCE/CIRCUIT /INTERVAL TRAINING QUIZ (50) DUE 1/21	Whitley Studio 205
R	1/25	Muscular Endurance	MUSCLES MAN SKILLS TEST (50)	Whitley Studio 205
T	1/30	Zumba	ZUMBA & TINIKLING QUIZ (50) DUE 1/28	Whitley Studio 205 Review Zumba handouts
R	2/1	Tinikling		Whitley Studio 205 Review Tinikling handouts
T	2/6	Country/Western Dance		Whitley Studio 205
R	2/8	Country/Western Dance	COUNTRY/WESTERN DANCE SKILLS TEST (50)	Whitley Studio 205
T	2/13	Line Dancing		Whitley Studio 205
R	2/15	Ballroom Dancing		Whitley Studio 205
T	2/20	Ballroom Dancing	BALLROOM DANCING SKILLS TEST (50)	Whitley Studio 205
R	2/22	Yoga		Whitley Studio 205 Review Yoga handouts
T	2/27	Badminton	BADMINTON QUIZ (50) & PICKLEBALL QUIZ (50) DUE 2/25	MEET IN FIELD HOUSE GYM Review Badminton handouts and videos
R	3/1	Pickleball		MEET IN FIELD HOUSE GYM Review Pickleball handouts and videos
T	3/6	Badminton/Pickleball	BADMINTON (50) & PICKLEBALL (50) SKILLS TESTS	MEET IN FIELD HOUSE GYM
R	3/8	Rock Climbing/Circuit Training	ROCK CLIMBING QUIZ (50) DUE 3/4 ROCK CLIMBING SKILLS TEST (50)	MEET AT MRC Review Rock Climbing handouts

M-F	3/12-16	NO CLASS (SPRING BREAK)	NO CLASS (SPRING BREAK)	NO CLASS (SPRING BREAK)
T	3/20	Pi-Yo		Whitley Studio 205
R	3/22	Racewalking and Powerwalking	RACEWALKING & GEOCACHING QUIZ (50) DUE 3/18	Whitley Studio 205 Review walking handouts
T	3/27	Geocaching		Whitley Studio 205 Review geocaching handouts
R	4/3	Geocaching	GEOCACHING SKILLS TEST (50)	Behind Whitley Studio 205 (Lawn)
T	4/5	Racewalking	RACEWALKING SKILLS TEST (50)	Behind Whitley Studio 205 (Lawn)
R	4/10	Spikeball/KanJam/Bocce	KANJAM/SPIKEBALL /BOCCE QUIZ (50) DUE 4/8	Whitley Studio 205 Review all handouts/videos for KanJam/Spikeball/Bocce
T	4/12	Spikeball/KanJam/Bocce		Whitley Studio 205
R	4/17	Kayaking/Paddleboarding/ Archery	KAYAKING/ PADDLEBOARDING /ARCHERY QUIZ (50) DUE 4/15 KAYAKING/ PADDLEBOARDING SKILLS TEST (50)	MEET AT CAIN POND Review kayaking, paddleboarding & archery
T	4/24	Kayaking/Paddleboarding/ Archery	KAYAKING/ PADDLEBOARDING SKILLS TEST (50)	MEET AT CAIN POND
R	4/26	Swimming	SWIMMING QUIZ (50) DUE 4/22	MEET AT MRC POOL Review swimming handouts
T	5/1	Water Aerobics		MEET AT MRC POOL
R	5/3	NO CLASS (WORK ON OUTSIDE EXPERIENCE)	OUTSIDE EXPERIENCE (100) DUE BY 5/6	NO CLASS
T	5/8	NO CLASS	Makeup skills tests (only if prearranged due to excused absence)	NO CLASS