



***HHPK 250.02E - PHYSICAL ACTIVITY SKILLS I:  
CONDITIONING, INDIVIDUAL & DUAL SPORTS  
Spring 2018***

INSTRUCTOR: Dr. Dean Culpepper  
OFFICE LOCATION: Field House 100F  
OFFICE HOURS: MWF 9-1050  
E-MAIL: [dean.culpepper@tamuc.edu](mailto:dean.culpepper@tamuc.edu)

CLASS MEETING TIME: MWF: noon-12:50  
CLASS LOCATION: GYM 205 or As stated on schedule

<b>COURSE INFORMATION</b>
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**TEXTBOOK (required):** None required. Material will be provided to study for quizzes and skill analysis.

PLEASE BRING A BOTTLE OF WATER TO CLASS EVERYDAY!

**PROFESSIONAL ATTIRE:** Dress to participate in the activity. 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.  
*Land-based activities:* Athletic shoes, socks, and attire for land-based activities. **NO DENIM** or non-athletic apparel. Please always bring this with you as sometimes we may have to reschedule any planned outside activities (e.g., due to weather).  
*At the pool:* Appropriate swim suit attire for swimming. One-piece or two-piece competition suit for the ladies and jammers for the gentlemen. No string-tie bikinis or loose-fitting clothing.

**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.

**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.

**OBJECTIVES:**

Students will...

- develop an understanding and knowledge of the rules, regulations that govern activity, play, games, and sport related to various individual and dual activities and sports
- demonstrate the skills needed to be proficient when participating in various activities
- identify drills and lead-up games for the teaching of skills needed to be proficient in various activities
- use the basic terminology associated with various activities
- develop a knowledge and understanding of the proper safety precautions that may be used when participation in physical activity is desired or required.

## GRADING

### **Knowledge (50%)**

Sport Quizzes (8x50 points each)	30% (300 pts)
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### **Skill (50%)**

Skills tests (8x50 points each)	40% (400 pts)
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Outside of class experience	10% (100 pts)
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Total	100% (800 pts)
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**GRADING POLICY:** At the end of the semester, I will assign your earned letter grade according to the schedule below:

**A = 90 and above**

**B = 80-89.9**

**C = 70-79.9**

**D = 60-69.9**

**F = 59.9 and below**

NOTHING can be done to change your final grade once it is assigned. (No extra credit, extra assignments, retaking tests, etc.)

## COURSE REQUIREMENTS

**SPORTS QUIZZES:** Each sport quiz will be taken within e-college. They are due by 11:59 p.m. on the day before the specific activity. You will get two attempts at each quiz. 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 provided in e-college regarding that sport. You may use your materials during the quiz, but you will not have much time, so you need to read ahead.

**SKILLS TESTS:** Eight 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 skills 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 (see schedule for make-up skills test).

**OUTSIDE OF CLASS EXPERIENCE:** You must participate in an outside of class experience in a LEGITIMATE sport (individual/dual) 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: diving, water aerobics, martial arts, fishing, waterskiing, snowskiing, trap/skeet shooting, golf, bowling, tennis, fencing, hunting, Pilates, Yogalates, Pi-Yo, disk golf, mountain biking, sky-diving, hiking, 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 (or google it) 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 (see schedule for last date to submit). The assignment must be completed 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).

**EXTRA CREDIT OPPORTUNITIES:** JOIN THE HHP MAJOR CLUB. There MAY other be opportunities for you to earn extra credit points. I will announce any opportunities in class. No extra credit can be given that is not provided as an opportunity to the entire class. The most points you can earn from any source of extra credit is 40 (4%).

**CLASS ATTENDANCE:** Class attendance is expected. For each unexcused absence, **30 points** will be deducted from your final grade. Ten 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. 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.)

## TECHNOLOGY REQUIREMENTS

The following information on technological requirements has been provided to assist you in preparing to use technology successfully in this course. You should have access to a computer with:

- Internet access/connection – high speed recommended (not dial-up)
- Microsoft Office (more specifically, MS Word and PowerPoint)

You also have access to a personal MyLeo account and a MyLeo email address. This is the email address that I will use to send you information regarding this course. Please check it regularly, and be sure to send me emails from this address, also.

## ACCESS AND NAVIGATION

This course will be facilitated using e-College. To get started with the course, go to: <https://leo.tamuc.edu/login.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](mailto:helpdesk@tamuc.edu).

## COMMUNICATION AND SUPPORT

### Interaction with Instructor Statement:

The best way to reach me is via email ([Vipa.Bernhardt@tamuc.edu](mailto:Vipa.Bernhardt@tamuc.edu)) as I check it frequently. In most cases, I will reply within 24 hours. Please be courteous and professional in all of your interactions with me and fellow students.

### eCollege Student Technical Support

Texas A&M University-Commerce provides students technical support in the use of eCollege. The student help desk may be reached by the following means 24 hours a day, seven days a week.

- Phone: 1-866-656-5511
- Email: [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org)
- Help: Click on the 'Help' button on the toolbar for information regarding working with eCollege

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### COURSE POLICIES:

1. Students are expected to be in class, ready to participate, **on time**.
2. While you are in class, I expect you to participate. That means 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, iPod, etc in class (or if your phone rings), you will lose 5 points per incident (off your final grade).

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 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.
  - a. Participation in an activity appearing on the University’s authorized activity list.
  - b. Death or major illness in a student’s immediate family.
  - c. Illness of a dependent family member
  - d. Participation in legal proceedings or administrative procedures that require a student’s presence.
  - e. Religious Holy Day
  - f. Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician).
  - g. Required participation in military duty
4. Any student ***missing an exam 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 the class.
6. You **MUST** check your e-mail 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.
7. If you have a question or concern, TALK to me. I am here to help. Please feel free to e-mail me any time.
8. **NO PROFANITY.** No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

**STATEMENT ON STUDENT BEHAVIOR:** All students enrolled in the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook). In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) replace weights **CORRECTLY**, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

**ASSUMPTION OF RISK FOR PARTICIPATING IN PHYSICAL ACTIVITY CLASS:** Participating in any physical activity class may pose a physical risk. “By continuing participation in the course, the student waives any claim resulting from participation in the above mentioned course. The participating student agrees 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 the student's participation in this course." If you have any questions about this statement, please ask the instructor.

**ACADEMIC HONESTY POLICY:** 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. Consequences of plagiarism and academic dishonesty may include failing the assignment, receiving a reduced grade in the course, failing the course, reporting to department head, etc.

**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/34SafetyOfEmployeesAndStudents/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.

**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](mailto:StudentDisabilityServices@tamuc.edu)**