



HHPK 253-01E

Lifetime Sports & Activities

COURSE SYLLABUS: Spring 2024

INSTRUCTOR INFORMATION

Professor: Dr. Steve Prewitt, Associate Professor

Office Location: NHS 136

Office Hours: MW 10-12:00pm, and by appointment

Office Phone: x5544

University Email Address: steve.prewitt@tamuc.edu

Preferred Form of Communication: email

Communication Response Time: 24 hours during week. Emails received during the weekend may not be returned until Monday.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: None

Software Required: Basic word processing, YouTube account.

Optional Texts and/or Materials: as assigned. Posted online

Course Description

Student Learning Outcomes (Should be measurable; observable; use action verbs)

The Learner Will Be Able to...

1. Develop knowledge and skills required for several activities including, but not limited to, Pickleball, Racquetball, Badminton, Speedminton, Tchoukball, Kubb, Cricket, Rounders, & various backyard games.

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2. Demonstrate the skills needed to be proficient when participating in the above mentioned activities.
3. Identify drills and lead-up games for the teaching of skills needed to be proficient in various sports.
4. Use the basic terminology associated with the assigned activities.
5. Develop a knowledge and understanding of the proper safety precautions that may be used when participation in physical activity is desired or required
6. View themselves as engaged citizens within an interconnected and diverse world through experiences with games and sports from a variety of cultures.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

- Ability to utilize MyLeo online; Microsoft Office; Google apps; basic computer skills
- Ability to record and upload videos into YouTube.

Instructional Methods

This course uses a variety of instructional methods including flipped classroom, direct instruction, and guided discovery.

Student Responsibilities or Tips for Success in the Course

To be successful in this course, it is recommended that the student access MyLeo Online regularly. This course is designed as a hands-on learning experience. To get the most out of it, class attendance and participation is a must. Accessing the online material is mandatory. Role will be taken each class session. Failure to show up for class, leave class early, or arrive late will result in loss of points. You can earn up to 3 points per day in class

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

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Total points corresponding to the final letter grades

A = 900 – 1000 Points

B = 899 – 800 Points

C = 799 – 700 Points

D = 699 – 600 Points

F = 599 & > Points

Assessments

<u>Evaluation (may change, refer to D2L Online)</u>	<u>Points</u>
1. Skills tests (8 x 50 points each)	400
2. Sport quizzes (8 x 50 points each)	400
3. Attendance/Sportsmanship/Duty Team	100
4. Out of Class Experience	<u>100</u>
Total Points	1000

Skill tests

Skill tests will be given during the term. These will be given at the end of the week. 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 D2L. They are due by the beginning of Friday's class, 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 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.

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. Role will be taken each class session. Failure to show up for class, leave class early, or arrive late will result in loss of points. You can earn up to 5 points per day in class

Sportsmanship/Duty Team

This class is intended to be a learning environment. I will let you know right now that there is no Championship trophy. However, I feel that it is important to have some friendly competition. Many of these activities are brand new to the majority of you. It is intentional. Therefore, the class

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needs to be a place where we encourage others in their development. In addition, due to the set up the class, each session, there will be a time where you will be called upon to set up the fields, pick up the fields, and/or officiate games.

Outside of Class Experience (OOCE)

You have to participate in an OOCE in a LEGITIMATE activity or 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, waterskiing (or kneeboard/wakeboard) snow skiing (or snowboard), trap/skeet, bowling, handball, fencing, indoor cycling (fitness class), CrossFit, Pilates, or squash. If we end up doing one of the preceding activities in class, you may not use it for your OOCE. If one of these events is offered through campus intramurals, you may participate in the tournament, trip, or event for your experience. If not, you must participate in a practice session, game, or match. If you don't know anything about the activity, read about the activity/figure out how to score it, etc... YOU MAY NOT USE PING PONG/TABLE TENNIS. 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 253" and dropped in the appropriate submission folder in D2L. At the top of the document, include your name and the name of the assignment.

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection 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, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

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Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

I have an "open door" policy, meaning if my door is open, please come talk to me. Email is usually the best way to communicate with me. I will usually answer within 24 hours during the week. If you email me on the Weekend, I most likely won't get back to you until Monday.

Communication is crucial during this time. I understand that life can sneak up on us, but you will need to communicate as soon as you can. I will not look kindly on emails received at the end of the semester asking for an extension after I haven't heard from you.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Course Policies

1. Students are expected to be in class **ON TIME**, ready to participate. This applies to face-to-face as well as online. I respect your time, please respect mine.
2. 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

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- 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
3. Any student missing an exam, test, or assignment without prior arrangement will receive a score of zero.
 4. 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.
 5. 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. 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.
 6. 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.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

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TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

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

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Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

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 the [Carrying Concealed Handguns On Campus](#)

document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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.

Department or Accrediting Agency Required Content

COVID-19 Statement & Use of Face Masks/Shields

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A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students' Rights and Responsibilities as a violation of the student Code of Conduct.

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

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.

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COURSE OUTLINE / CALENDAR

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!! I WILL TELL YOU WHEN/IF IT DOES!

Assignment due dates posted in MyLeo Online

Date	Sport	Location	Notes
Jan 10 & 12	Course Intro	NHS 175	Syllabus Quiz due 1/14 Remind Assignment due 1/14
Jan 15, 17, & 19	Tchoukball	NHS 175	
Jan 22, 24, & 26	Badminton	NHS 175	Quiz #1 Skill Test #1
Jan 29, 31, & Feb 2	Speedminton	NHS 175	
Feb 5, 7, & 9	Pickleball	NHS 175	Quiz #2 Skill Test #2
Feb 12, 14, & 16	Racquetball	MRC	Quiz #3 Skill Test #3
Feb 19, 21, & 23	Kubb/Skittles	NHS 175	Quiz #4
Feb 26, 28, & Mar 1	Kan Jam	NHS 175	Quiz #5 Skill Test #4
Mar 4, 6, & 8	Spikeball	NHS 175	
<u>SPRING BREAK</u> – No Classes Scheduled			
Mar 18, 20, & 22	Ladderball Cornhole	NHS 175	Quiz #6 Skills Test #5
Mar 25, 27, & 29	Bowling	Cain IM Field	Quiz #7 Skill Test #6
Apr 1, 3, & 5	Golf	Cain IM Field	Quiz #8 Skills Test #7
Apr 8, 10, & 12	Croquet	NHS 175	No Quiz Skills Test #8
Apr 15, 17, & 19	Rounders	NHS 175	
Apr 22, 24, & 26	Cricket		
Apr 29, May 1, & 3	TBD	Study Days	
	Finals Week - TBD		

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