



HHPK 253-01E, Lifetime Sports & Activities

COURSE SYLLABUS: Fall 2024
MWF 1:00-1:50pm, NHS 160A (175)

INSTRUCTOR INFORMATION

Professor: Dr. Kelly Featherston, Assistant Professor
Office Location: NHS 139
Office Hours: MW 12:00-1:00; Thursdays 9:30-12:30
Office Phone: 903.886.5549
Office Fax: 903.886.5365
University Email Address: Kelly.Featherston@tamuc.edu

Preferred Form of Communication: email*

*Include first and last name along with course you are enrolled in. Emails should be professionally written.

Communication Response Time: within 24 hours (weekdays)

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook Required: None

Optional Texts and/or Materials: other readings will be posted in D2L

COURSE DESCRIPTION

The purpose of this course is to develop the techniques for fundamental skills used in a variety of lifetime sports and activities.

Student Learning Outcomes

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.

The syllabus/schedule are subject to change.

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.

The syllabus/schedule are subject to change.

COURSE REQUIREMENTS

You will be expected to use D2L and to have a working knowledge of the Microsoft Office Suite or similar. You may also be required to record videos, use video software and submit videos in the format discussed during class. You will also be expected to participate in weekly physical activities, if injury occurs or if accommodations are needed communication should be made with the instructor prior to class.

Instructional Methods

Independent learning, guided discovery, peer teaching, direct instruction.

Expectations, student responsibilities and tips for success in the course

How to succeed in this class:

1. Be in class every day, with your **cell phone off** and your brain engaged! It is YOUR responsibility to sign-in for attendance at the **beginning of class**.
2. Study the assigned material before every class! It is expected that you purchase and read the text (**bring to class**).
3. Turn in all assignments ON TIME in D2L (late work will NOT be accepted). Assignment due dates will be at the start of the class time.
4. All assignments submitted in D2L should use the following format when saved: "yourlastname HHPK ####" At the top of the document, include your name, class #, and the name of the assignment.
5. 10% will be taken off for assignments turned in without class attendance.
6. Do quality work!
7. Proofread your work aloud. Points will be taken off for submitted work that includes: spelling, punctuation and sentence structure errors. No TEXT language.

8. Take responsibility for your own grade; I do not give you a grade—you earn a grade.
9. If you are late or absent, it is your responsibility to obtain any missed information. Connect with a classmate prior to asking the instructor about missed content.
10. On activity/lab days, students need to be dressed appropriately for activity (comfortable/athletic clothes, APPROPRIATE/MODEST clothing, and proper gym shoes, NO FLIP FLOPS, SANDALS or CROCS).
11. Be ready to move! Participation is required. Activity accommodations can be made.
12. Absences, late assignments, missed exams or other will be considered in the event of medical or immediate family emergencies. Events must be communicated within 3 days and documentation will be requested (date, time, location required). Communication is key.
13. Grades, updated class outline and more in-depth assignment descriptions will be posted in D2L. CHECK IT
14. Volunteer opportunities and extra credit may be offered throughout the semester. Take advantage, do not ask for extra credit the last week of classes.
15. PG 13 classroom language, prepare for your future in a professional setting.
16. Students who are unprepared for class may be asked to leave.

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

Grades and full assignment descriptions will be posted in D2L

Course Requirements

Skill tests (25%)

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 (25%)

A pre-assessment will be taken over the upcoming week's sport/activity content. They are due by the beginning of Monday's class, and no late quizzes will be accepted. Be sure to save your answers during the quiz and submit before time

expires. Quizzes will be in D2L and you may use your notes but they will have time limits so content preparation is needed.

Outside of Class Experience (OOCE) (20%)

You are asked 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, squash, other fitness activity. 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. Additional details in D2L. Students will be asked to orally present their work in front of the class (include participation photos, brief demonstration, and visual presentation).

Participation & Sportsmanship (30%)

This course is designed as a hands-on learning experience. To get the most out of it, class attendance and participation is a must (5 points per class). Students are expected to attend class on a regular basis AND contribute to activities (including equipment set up and take down). Attendance will be tracked and monitored; it is the student's responsibility to check in daily. Failure to show up for class, leave class early, or arrive late will result in loss of points. See class expectations for note on appropriate attire and accommodation needs.

****No make-up exams, assignments or quizzes will be given, unless arrangements are made prior to the assessment or a verifiable medical excuse is provided within 3 days. 10% will be taken off assignments that are submitted without class attendance.***

Sportsmanship/Duty Note

This class is intended to be a learning environment. There is no Championship trophy. However, 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 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.

COURSE OUTLINE / CALENDAR

Course outline subject to change/ Please access the specific outline on D2L.

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Wk	Date	Class	Location	Assignments Due
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The syllabus/schedule are subject to change.

1	M 8/26 W 8/28 F 8/30	Intro to class & Syllabus Intro to class & Syllabus Skills, cooperation, assessment overview	NHS 175 (gym)	F Syllabus Quiz due
2	M 9/2 W 9/4 F 9/6	Labor Day – No class Badminton	NHS 175	
3	M 9/9 W 9/11 F 9/13	Tchoukball	NHS 175	Quiz #1 Skill Test #1
4	M 9/16 W 9/18 F 9/20	Speedminton	NHS 175	Quiz #2 Skill Test #2
5	M 9/23 W 9/25 F 9/27	Ladderball / Cornhole (9 Square in the air)	NHS 175	
6	M 9/30 W 10/2 F 10/4	Pickleball	NHS 175	Quiz #3 Skill Test #3
7	M 10/7 W 10/9 F 10/11	Kan Jam	NHS 175	Quiz #4 Skill Test #4
8	M 10/14 W 10/16 F 10/18	Spikeball	TBD	Quiz #5 Skill Test #5
9	M 10/21 W 10/23 F 10/25	Fitness/Racquetball	MRC	
10	M 10/28 W 10/30 F 11/1	Wallyball	MRC	Quiz #6 Skill Test #6
11	M 11/4 W 11/6 F 11/8	Disc Golf Online– D2L* Ooce Examples	Cain IM Field	Quiz #7 Skill Test #7
12	M 11/11 W 11/13 F 11/15	Bowling	NHS 175	Quiz #8 Skill Test #8
13	M 11/18 W 11/20 F 11/22	Rounders / Choice	NHS 175	
14	M 11/25 W 11/27 F 11/29	Online– D2L* Ooce Examples Thanksgiving Break		
15	M 12/2 W 12/4- F 12/6	Ooce Presentations* Online D2L Lifetime reflection activity		*Ooce Due

The syllabus/schedule are subject to change.

16	12/7-13	Final Exam: F 12/13 10:30-12:30		OOCE Presentations
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* This schedule is tentative and subject to change

Online Class – D2L activity: It is encouraged that online class days be used to meet the course observation hours.

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

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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.

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>

COURSE AND UNIVERSITY PROCEDURES/POLICIES

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>

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

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.

A&M-Commerce Supports Students' Mental Health

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

AI Use in Courses

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

