



# SUL ROSS STATE UNIVERSITY

Department of Education  
Fall 2018



## **PE 2304 Skills & Techniques of Individual and Team Sports**

Morelock Academic Building - 205

Instructor:  
Jim Hector, Ed.D.

*This syllabi is subject to revision. Please check Blackboard for updates.*

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### **OFFICE HOURS:**

**Monday and Wednesday 11:00 – 12:00 and 1:30 – 4:00 pm**

**Tuesday and Thursday 1:30 – 4:00 pm**

*and By Appointment*

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Fax: 432-837-8390

Location: Sul Ross campus – GPC 202A

### **COURSE DESCRIPTION**

A course that emphasizes the training in basic skills and techniques of a wide range of individual and team activities including but not limited to: tennis, golf, badminton, archery, speedball, softball, volleyball, basketball, soccer and other selected individual and team recreational activities.

**RECOMMENDED TEXTBOOK:** Sports and Recreational Activities (12<sup>th</sup> edition ) By Mood, Musker, and Rink WCB/McGraw-Hill ISBN 0-07-092111-3

### **COURSE OBJECTIVES:**

The student at the conclusion of this course:

1. Demonstrates knowledge of techniques, skill progressions, conditioning programs, rules, safety practices, offensive and defensive strategies, and types and uses of equipment for individual, dual, and team sports and activities.
2. Analyzes the importance of rules, discipline, etiquette, teamwork, and appropriate participant and spectator behavior in individual, dual, and team sports and activities.

3. Analyzes key elements of successful performance in individual, dual, and team sports and activities and strategies for improving students' performance, teamwork, and skill combinations.
4. Applies knowledge of principles and techniques for selecting, adapting, and modifying sports activities to improve performance, promote the use of combinations of motor skills, and provide practice in specific sports skills in game like situations.

### **STUDENT LEARNING OUTCOMES:**

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits Movement Skills and Knowledge Domain).

### **STANDARD ALIGNMENT:**

#### **Standard III**

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

#### **Competency 004**

The teacher understands and applies knowledge of individual, dual and team sports and activities.

### **GENERAL/MISCELLANEOUS**

**Style of Teaching:** The objectives of this course will be met through an integrated teaching style that will include lecture, discussion, and presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is a face-to-face and blackboard course. No assignments shall be accepted via email and **all** assignments shall be either turned in on blackboard or during class.

**General Responsibilities:** *Attendance:* Classroom attendance and participation is a requirement. In accordance with the University catalog, a student with excessive (unexcused) absences will be dropped from the course. Six absences for a Tuesday-Thursday course is considered excessive. Continued tardiness is undesirable and is also grounds for a student to be dropped from the course (three tardies will equal one absence). **Excused absences will be made up within one week of the absence by submitting on blackboard a two-paged double spaced type-written**

**abstract on the material of the day missed. Students should contact instructor the day after returning to class for the abstract assignment.**

**Cell phone policy:** The use of cell phones, smart phones, or other mobile communication devices is disruptive, and is therefore prohibited during class. Except in emergencies, those using such devices must leave the classroom for the remainder of the class period.

### **Academic Honesty**

Each student is expected to maintain the highest standards of honesty and integrity in online academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or otherwise fails to meet these standards. Academic dishonesty includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; and nondisclosure or misrepresentation in filling out applications or other University records. Cheating or gaining illegal information for any type of graded work is considered dishonest and will be dealt with accordingly.

### **Plagiarism**

Offering the work of another as one's own, without proper acknowledgment, is plagiarism; therefore, any student who fails to give credit for quotations or essentially identical expression of material taken from books, encyclopedias, magazines and other reference works, or from the themes, reports, or other writings of a fellow student, is guilty of plagiarism. Plagiarism violates the academic honesty policy and is considered cheating.

## **GRADING POLICY**

### **Evaluation**

#### **1000 total points possible**

Comprehensive Exam = 100 points

Semester Test = 100 points

Group Project = 100 points

Writing assignment = 50 points

Outside assignment = 50 points

Class Activities= 600 points

**Grading**        900 - 1000 = A

800 - 899 = B

700 - 799 = C

600 - 699 = D ( Below 60 = F )

Final grade will reflect weekly assignment work posted in specific course objectives. All blackboard assignments shall be completed as necessary for a passing grade. Work must be completed by assigned dates for a passing grade.

### **SRSU Disability Services:**

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432-837-8178; fax is 432-837-8724.

**Academic Integrity:**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused. Meaningful and pertinent participation is required.

Examples of academic dishonesty include, but are not limited to:

- Turning in work as original that was used in whole for another course and/or professor;
- Turning in another person’s work as one’s own;
- Copying from professional works or internet sites without citation.

*Any of these offenses will result in a zero for the assignment with no option to redo for credit*

**DROP POLICY:** Access information regarding schedule changes at:

<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

**Tentative Course Outline**

***This schedule is subject to revision. Please check Black Board for updates. REVIEW ALL DUE DATES. TOPICS WILL NOT BE AVAILABLE AFTER DUE DATES***

Topic	Class Session
<b><i>Introduction/Orientation</i></b>	<b><i>Day 1</i></b>
Teaching Fundamentals	<b><i>Day 2</i></b>
<i>Activity</i>	<b><i>Day 3</i></b>
Tennis	<b><i>Day 4</i></b>
<i>Activity</i>	<b><i>Day 5</i></b>
Golf	<b><i>Day 6</i></b>

<i>Activity</i>	<b>Day 7</b>
Badminton	<b>Day 8</b>
<i>Activity</i>	<b>Day 9</b>
<i>Activity</i>	<b>Day 10</b>
<i>Archery</i>	<b>Day 11</b>
<i>Activity</i>	<b>Day 12</b>
<i>Activity</i>	<b>Day 13</b>
Speedball	<b>Day 14</b>
<i>Activity</i>	<b>Day 15</b>
Mid-Term Test	<b>Day 16</b>
Softball	<b>Day 17</b>
<i>Activity</i>	<b>Day 18</b>
<i>Volleyball</i>	<b>Day 19</b>
<i>Activity</i>	<b>Day 20</b>
<i>Basketball</i>	<b>Day 21</b>
<i>Activity</i>	<b>Day 22</b>
Soccer	<b>Day 23</b>
<i>Activity</i>	<b>Day 24</b>
Flag Football	<b>Day 25</b>
<i>Activity</i>	<b>Day 26</b>
Group Presentations	<b>Day 27</b>
Group Presentations	<b>Day 28</b>
Final Exam Review	<b>Day 29</b>
<i>Final Exam</i>	<b>See Final Exam Schedule</b>