



# SUL ROSS STATE UNIVERSITY

Department of Education  
Spring 2019



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

Graves Pierce Complex – room 106

Meeting time: MWF 10:00 – 10:50 am

Instructor: Jim Hector, Ed.D.

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

---

### **OFFICE HOURS:**

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

**Tuesday and Thursday 11:00 – 12:00 and 1:30 – 4:00 pm**

*and By Appointment*

Telephone: 432-837-8213

Email: [jhector@sulross.edu](mailto:jhector@sulross.edu)

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.

**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.

## **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*

**General Responsibilities:** This a face-to-face class and all activities will be handed in during class or if at Midland College submitted via blackboard. All activities must be submitted on blackboard. No make-up activities will be accepted by email or by handing after or during class. Students are responsible for reading their blackboard announcements. **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 and nine absences for a Monday-Wednesday-Friday 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 must be made up within one week of the absence by submitting on blackboard a two-paged double spaced type-written summary on the material of the day missed. Students should contact instructor the day after returning to class for the written assignment.** It is the responsibility of the student to notify my office before, or immediately after, the absence if it is to be excused. Students with unexcused absences will receive a zero for an activity missed. **Note:** There will be days the instructor will have class on-line and will announce the day not in attendance in advance via classroom announcement, email and blackboard announcement. Students are required to complete blackboard assignments online on the designated due date.

**Cell phone policy:** The use of cell phones, smart phones, computers 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.

## **Grading:**

### **1000 total points possible**

- Orientation = 20 points (Bonus)
- Mid-Term Exam = 100 points (10%)
- Final Exam = 100 points (10%)
- In-Class Activities = 600 points (60%)
- Group Presentations = 100 points (10%)
- Outside Assignment = 50 points (5%)
- Writing Assignment = 50 points (5%)

900 – 1000 points = A

800 – 899 points = B

700 – 799 points = C

600 – 699 = D

F < 600

## **EVALUATION PROCEDURES:**

- ✓ **Orientation = 20 bonus points**
  - We will discuss the syllabus during the first day of class and students will be awarded 20 points for attending the class.
  
- ✓ **Mid-Term and Final Exam = 100 points each**
  - The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings and lecture.
  - All students are expected to take the mid-term and final exam no later than a week after the designated day. Students are expected to contact the instructor and arrange a make-up exam.
  - Students who do not make up the exam during the designated time will receive a zero.
  
- ✓ **Quiz, Test & Exams = 20 points each totaling 200 points.**
  - Quizzes will be announced a class before on a reading assignment from your textbook.
  - These quizzes may consist of multiple choice or matching questions.
  - Students must contact instructor for make-up quizzes when returning to class.
  - Make-up quizzes must be made up within a week after absence.
  
- ✓ **In-Class Activities = 60% totaling 600 points.**
  - All students are expected to complete daily activities during class.
  - Midland College students will submit daily activities on blackboard unless otherwise specified.

- If an absence is excused all students must make-up activities by completing a type written summary on the material of the day missed (see general responsibilities).
  - All summaries must be submitted on blackboard on the column for the day missed (Example: if you missed activity 16 submit the summary on the activity 16 column).
- ✓ **Group Presentations = 100 points.**
- Power point presentations over a topic will be assigned by the instructor.
  - Students will work in groups to complete presentations.
  - All students in a groups will be responsible for presenting PPT.
  - Students will be graded on a rubric based on the quality of their presentation.
- ✓ **Outside assignments = 50 points.**
- There will be two outside assignments during the semester which include the Sul Ross Mile Swim and the Sully Spring Triathlon.
  - Students must have an excused absence to not attend either one of these events and must discuss an alternative assignment.
  - Midland College and make-up students must discuss an outside assignment with the instructor before attending the event and submit verification on blackboard outside assignment column.
  - Students who do not attend a complete event will not receive all fifty points for their grade.
  - Students not completing an outside assignment will receive a zero.
- ✓ **Written assignment = 50 points.**
- Students must submit on blackboard a two page written assignment based on a topic determined in class.
  - Details for the written assignment will be discussed in class.

**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***

<b>Topic</b>	<b>Class Session</b>
<b><i>Introduction/Orientation</i></b>	<b><i>Day 1</i></b>

Teaching Fundamentals	<b>Day 2</b>
<i>Activity</i>	<b>Day 3</b>
Tennis	<b>Day 4</b>
<i>Activity</i>	<b>Day 5</b>
Golf	<b>Day 6</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><i>See Final Exam Schedule</i></b>