

**HHPK 250 - Physical Activity Skills I: Conditioning, Individual and Dual Sports  
Fall 2013**

Class Meeting Time: M/W 11:00-12:15

Class Meeting Place: Whitley Gym 205

Instructor: Robert Reed

E-mail: rreed@leomail.tamuc.edu

Office: Field House 212

Phone: (214) 926-5040

(903) 468-8126

Office hours: T/Th 9:00-10:00 AM, 1:00-2:00 PM

Textbook (required): Schmottlach, Neil and Jerre McManama. Physical Education Activity Handbook, 12<sup>th</sup> Edition. Benjamin Cummings Publishing, 2010.

Bring your textbook, a notebook or folder, and a writing utensil to class with you daily. You will be receiving some handouts in class and will be expected to print some handouts from e-college and bring them to class with you.

**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.

**Course Objectives:**

1. Develop an understanding and knowledge of the rules, regulations that govern activity, games, and sport related to the following activities: plyometric training, circuit and interval training, running, geocaching, kayaking, tennis, indoor rock climbing, racquetball, badminton, cross country, track & field and archery.
2. Demonstrate the skills needed to be proficient when participation in plyometric training, circuit and interval training, running, geocaching, kayaking, tennis, indoor rock climbing, racquetball, badminton, cross country, track & field and archery.
3. Identify drills and lead-up games for the teaching of skills needed to be proficient in various individual and dual activities and sports.
4. Use the basic terminology associated with plyometric training, circuit and interval training, running, geocaching, kayaking, tennis, indoor rock climbing, racquetball, badminton, cross country, track & field and archery.
5. Develop a knowledge and understanding of the proper safety precautions that may be used when participation in physical activity is desired or required.

**Grading Scale**

<b>Percent</b>	<b>Points</b>	
90-100 %	900-1000	A (exceptional, excellent, mastery)
80-89%	800-899	B (above average, good performance and learning)
70-79%	700-799	C (average)
60-69%	600-699	D (below average)
0 – 59%	0-599	F (failing)

<b><u>Evaluation</u></b>	<b><u>Percent/points</u></b>
1. Exam 1	20% (100)
2. Exam 2	20% (100)
3. Sport quizzes (5x60 points each)	30% (300)
4. Outside of class experience	10% (100)
5. Attendance/Participation	20% (200)

**Assignments are always due at the beginning of class on the due date. No late assignments are accepted.**

### **Exam**

Your exams will consist of multiple choice, true/false, matching, short answer, and essay questions. Exam questions will come from lecture notes, textbook, quizzes, and information addressed in class. To perform well on the exams, thoroughly study your notes, handouts, read each assigned chapter more than once, and understand all assignments.

### **Outside of Class Experience**

You have to participate in an outside of class experience in a sport that is new to you. If you do not pick something from the following list, you must get my approval for it to be credited for your out of class experience: fishing, trap/skeet, golf, Frisbee golf, bowling, table tennis, pickleball, handball, a timed road race (running or bicycling), 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 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?

### **Statement on Student Behavior**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

### **Professional attire:**

- Athletic shoes, socks, and attire. No sandals. No denim. No profanities or advertising for alcohol, tobacco, or other unhealthy products.
- Dress to participate in the activity; you are! (and like you are going to be instructing a group of middle school kids.)
- If you are not dressed appropriately, you will lose 10 points per day. If you are not dressed safely, you will not be allowed to participate and will be considered absent.

### **Course Policies**

1. Students are expected to be in class on time.
2. Each absence will result in a 20 point deduction from the final grade. You must be in class every day.
3. 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. This is a zero-tolerance policy.
4. 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.
5. 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. There MAY be opportunities for you to earn extra credit points. I will announce any opportunities in class.

### **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, 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**

**Gee Library**

**Room 132**

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

**Fax (903) 468-8148**

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