

Texas A&M University–Commerce  
HEALTH AND HUMAN PERFORMANCE

*HHPK 250.01E–PHYSICAL ACTIVITY SKILLS I: CONDITIONING, INDIVIDUAL &  
DUAL SPORTS*

*FALL 2015*

COURSE TIME: W 2–4:30 p.m.

COURSE LOCATION: Whitley East Studio (205)

INSTRUCTOR: Ruth Beelitz, MS, CI–CPT

E–MAIL: [ruth.beelitz@tamuc.edu](mailto:ruth.beelitz@tamuc.edu)

OFFICE NUMBER: 903–468–8126

OFFICE HOURS: By Appointment Only

OFFICE LOCATION: Field House 212

**TEXTBOOK (required):** Schomottlach, Neil and Jere McManama. Physical Education Activity Handbook, 13<sup>th</sup> Edition. Benjamin Cummings Publishing, 2010. (Most editions that are close to this one will work.) 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. PLEASE BRING A BOTTLE OF WATER TO CLASS EVERYDAY!

**PROFESSIONAL ATTIRE:** Athletic shoes, socks, and attire. No sandals. NO DENIM or non–athletic apparel. No profanities or advertising for alcohol, tobacco, or other unhealthy products. Dress to participate in the activity. 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. Be sure your clothing is modest. You must wear a shirt at all times and no sagging shorts. Women must wear a support bra/top and must have abdomen covered at all times; shorts must also have at least a 3" inseam. Students who cannot participate due to improper clothing will receive a zero on any graded items they miss due to improper attire.

**CLASS 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.

**PARTICIPATION:** Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be completed and returned to the instructor. This waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor to ensure safe participation in physical activity. If special accommodations are needed please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.

**OBJECTIVES:**

Students will...

\*develop an understanding and knowledge of the rules, regulations that govern activity, play, games, and sport related to the following activities: plyometric training, circuit and interval

training, powerwalking, racewalking, geocaching, indoor rock climbing, swimming & water aerobics, racquetball, badminton, disk golf, Zumba, kayaking, tossing games, yoga, SpikeBall, and tinikling.

\*demonstrate the skills needed to be proficient when participating in plyometric training, circuit and interval training, powerwalking, racewalking, geocaching, indoor rock climbing, swimming & water aerobics, racquetball, badminton, disk golf, Zumba, kayaking, tossing games, yoga, SpikeBall, and tinikling.

\* identify drills and lead-up games for the teaching of skills needed to be proficient in various individual and dual activities and sports.

\*use the basic terminology associated with plyometric training, circuit and interval training, powerwalking, racewalking, geocaching, indoor rock climbing, swimming & water aerobics, racquetball, badminton, disk golf, Zumba, kayaking, tossing games, yoga, SpikeBall, and tinikling.

\*develop a knowledge and understanding of the proper safety precautions that may be used when participation in physical activity is desired or required.

#### **EVALUATION:**

##### **Knowledge (50%)**

Exam 1	10% (100 pts)
Exam 2	10% (100 pts)
Sport Quizzes (6x50 points each)	30% (300 pts)

##### **Skill (50%)**

Skills tests (8x50 points each)	40% (400 pts)
Outside of class experience	10% (100 pts)
<b>Total</b>	<b>100% (1000 pts)</b>

**GRADING POLICY.** At the end of the semester, I will assign your earned letter grade according to the schedule below:

**A- 90 and above**

**B- 80-89.9**

**C-70-79.9**

**D- 60-69.9**

**F- 59.9 and below**

NOTHING can be done to change your final grade once it is assigned. (No extra credit, extra assignments, retaking tests, etc.) Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

**EXAMS:** The exams will consist of multiple-choice, true/false, short answer and matching. You will need a (green/blue) Scantron 882-ES and a pencil. Exam questions will come from lecture notes, textbook, quizzes, and information discussed in class. If you cannot take the exam due to illness, injury, or family emergency,

**the instructor must be notified prior to the exam.** Students will be required to present appropriate documentation for missing a scheduled exam.

**SPORTS QUIZZES:** Each sport quiz will be taken within e-college. They are due by 11:59 p.m. on the day specified on the schedule below, and no late assignments will be accepted. Be sure to save your answers during the quiz and submit before time expires. Before you start each quiz, you should read the section in the textbook on that sport and/or any handout provided regarding that sport (see schedule). You may use your book during the quiz, but you will not have much time, so you need to read ahead.

**SKILLS TESTS:** Eight skills tests will be given during the semester. 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 of class or on another day, except in the case of an emergency or pre-arranged University-excused absence.

**OUTSIDE OF CLASS EXPERIENCE:** You must participate in an outside of class experience in a LEGITIMATE 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: archery, martial arts, fishing, waterskiing, snowskiing, trap/skeet, golf, bowling, table tennis, tennis, pickleball, handball, fencing, hunting, Pilates, Yogalates, Pi-Yo, 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?

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 must be done in Microsoft Word and must be titled "yourlastname HHPK 250.doc" and dropped in the appropriate dropbox in e-college. At the top of the document, include your name and the name of the assignment (HHPK 250 Outside Experience).

I MAY provide some opportunities for groups of students to participate in some of these activities at little to no cost, with some expert instruction. Pay attention to announcements and emails!

**EXTRA CREDIT OPPORTUNITIES:** There MAY be opportunities for you to earn extra credit points. I will announce any opportunities in class. Do not ask if you can do something for extra credit that is not provided as an opportunity to the entire class. The answer will be “no.” The most points you can earn from any source of extra credit is 50 (5%).

**CLASS ATTENDANCE:** Class attendance is expected. For each unexcused absence, 30 points will be deducted from your final grade. Ten points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. It is imperative that students are on time to class, as instructions are given for the day’s activity at the start of each class. Leaving class early or not participating will be treated as an absence. Class assignments will not be accepted after the due date. Each student will be responsible for signing in next to their name each class day. Attendance will be taken from the sign-in, therefore it is your responsibility to sign-in each day. You will not be allowed to sign-in for any other student, nor have anyone sign-in for you. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence. (I need a copy of the documentation that I can keep.)

*This schedule is tentative and is subject to change at my discretion. Our activities are partly dependent on weather and facilities. I will let you know if the schedule changes! These changes will be sent via email. Make sure you check your email on a regular basis. If you miss class, be sure to talk to someone to be sure the meeting place has not changed. If we are supposed to be outside and it is raining, meet in the classroom. •If not location is listed, we are meeting at the regular class meeting place (Whitley Gym 205).••*

<i>DAY</i>	<i>DATE</i>	<i>TOPIC OF THE DAY</i>	<i>DUE/IN-CLASS ACTIVITY</i>	<i>MEETING PLACE (if not Gym 205)/Bring to class (print from doc sharing)</i>
W	9/2	Intro to Class	We will discuss purpose of the course, procedures for the course, etc./Muscular endurance workout	
W	9/9	Circuit/interval training	Circuit/interval training workout	<i>Circuit/interval/fitness handout (print as “handouts”, 3 sheets per page); Karvonen Formula handout; skills tests handouts; muscle man handouts</i>
W	9/16	Water Aerobics/Swimming	Water Aerobics/Swimming workout	Meet at Rec Center/Pool
W	9/23	Geocaching	Geocaching; Geocaching quiz due by 9/23 (from handouts and class)	Geocaching handouts
W	9/30	Geocaching/Intro to Racewalking and Powerwalking	Geocaching and racewalking workout; muscle man skills test	Walking handout

W	10/7	Kayak and Circuit Training	Kayak skills test; Kayak quiz due 10/7	Read about kayaking from book; Meet in parking lot near Cain
W	10/14	Yoga/Racewalking	Yoga workout; Racewalking skills test	Yoga handout
W	10/21	Line Dancing/Geocaching/ <b>Exam 1</b>	Line dancing; <b>EXAM 1</b> and Geocaching skills test	
W	10/28	Zumba/Tinikling	Zumba/Tinikling workout; quiz due by 10/28 (Zumba-from handout)	Zumba handout, Tinikling handout
W	11/4	Racquetball/Rock Climbing/Badminton	2 quizzes due by 11/4-Racquetball (from book) and Badminton (from book); Rockwall skills test	Rockclimbing handout; Meet at Rec Center
W	11/11	Bocce, Spikeball, and KanJam	Bocce, Spikeball, and KanJam workout; Quiz on bocce and spikeball due 11/11	Bocce handout, Spikeball handout; Meet in FH gym
W	11/18	Circuit/Interval Training; Yoga; Badminton	Circuit/Interval training workout; Yoga workout; Badminton skills test; <b>Outside Experience Due by 11/18</b>	Meet at Whitley 205, then we will go to Rec Center
W	12/2	Racquetball/Rock Climbing/Badminton	Racquetball skills test	Meet at Rec Center
W	12/9	Yoga/ <b>Exam 2</b>	<b>EXAM 2</b> ; Yoga skills test; makeup skills tests (only if prearranges with instructor due to excused absence)	

**STATEMENT ON STUDENT BEHAVIOR.** All students enrolled in the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook). In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) replace weights CORRECTLY, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

**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, the 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)

**PLAGIARISM/ACADEMIC DISHONESTY.** Plagiarism is copying another’s work as your own without proper acknowledgement. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also, ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who is educated. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors: it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic “F.” If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

#### **COURSE POLICIES.**

1. Students are expected to be in class, ready to participate, *on time*.
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 one of the reasons listed below, you will be able to make up the work. 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

\*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 or assignment* without prior arrangement will receive a *score of zero*.
4. You **MUST** be familiar with e-college; familiarize yourself with the online portion of the class.
5. You **MUST** check your e-mail 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.
6. While you are in class, I expect you to participate. That means you should 1.) actively prepare by reading the assigned materials, 2.) TALK (ask and answer questions), 3.) bring your notes and textbook, 4.) bring your ideas, and 5.) 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. (Thanks!) If you use a cell phone, iPod, etc in class (or if your phone rings), you will lose 5 points per incident (off your final grade). Turn it off!!***

7. DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.

8. If you have a question or concern, TALK to me. I am here to help. Please feel free to e-mail me any time.

8. NO PROFANITY. No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

**STUDENT CONDUCT:** All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).