

UNIVERSITY OF NORTH ALABAMA
DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION

COURSE NUMBER: HPE 216
COURSE TITLE: Introduction to Individual and Dual Sports
SEMESTER HOURS: 3 semester hours
PREREQUISITES: None
REVISED: October 2012

Introduction to Individual and Dual Sports

CATALOG DESCRIPTION: This course is designed to teach individual/dual sports activities(i.e., tennis, pickleball, badminton, etc.) basic to the physical education programs. Emphasis will be placed on skill development and methods and techniques for teaching these sport skills. Evaluation techniques for measuring knowledge and skill in these activities will also be stressed.

TEXT: Mood, Musker and Rink. (2007). *Sports and Recreational Activities*. 14th ed. McGraw-Hill Publishers.

LiveText

COURSE OBJECTIVES: At the completion of this course, the student will be able to:

- Demonstrate basic skills and knowledge for each activity presented.
- Explain and demonstrate any of the activities presented.
- Analyze personal skill development and that of classmates.
- Use professional literature and resources to expand knowledge of the individual/dual sports presented.

PROFESSIONAL STANDARDSAND ASSESSMENT: Material presented in this course has been designed to comply with the Alabama Standards/Rule 290-3-3-.33 Physical Education. Specific standards addressed in this course are as follows:

- (2)(a)1.(v) Critical elements of motor skill performance.
- (2)(a)1.(vi) Strategies for combining motor skills into appropriate sequences for the purpose of improving learning.
- (2)(a)1.(x) Organization, rules, strategies, and safety considerations pertaining to activities taught in a comprehensive physical education program.
- (2)(b)1 Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.
- (2)(b)3 Demonstrate performance concepts related to skillful movement in a variety of physical activities.

Content of this course links with UNA College of Education Conceptual Framework References 1, 2, 3, 4, 5, 6.

Standard Code	Standard	Assessment	Instrument
290-3-3-.33(2)(a)1.(v)	Critical elements of motor skill performance.	Professional readings	Rubric
290-3-3-.33 (2)(a)1.(vi)	Strategies for combining motor skills into appropriate sequences for the purpose of improving learning.	Observation	Rubric
290-3-3-.33 (2)(a)1.(x)	Organization, rules, strategies, and safety considerations pertaining to activities taught in a comprehensive physical education program.	Written exam	Grading scale
290-3-3-.33 (2)(b)1.	Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.	Observation	Rubric
290-3-3-.33 (2)(b)3.	Demonstrate performance concepts related to skillful movement in a variety of physical activities.	Observation	Rubric

COURSE CONTENT:

Badminton

- Badminton rules
- Badminton grips
- Badminton terminology
- Badminton individual skills
- Badminton doubles skills
- Play

Pickleball

- Pickleball rules
- Pickleball terminology
- Pickleball individual skills
- Pickleball doubles skills
- Play

Tennis

- Tennis grips
- Mini tennis
- Terminology
- Rules
- Individual skills
- Doubles skills
- Play

Racketball

- Racketball rules
- Racketball terminology
- Racketball individual skills
- Racketball doubles skills

Golf

- Golf equipment
- Fundamental skills and techniques for golf
- Golf skills
- Demonstration of teaching techniques for golf

Disc Golf

- Disc golf rules
- Disc golf terminology
- Disc golf strategy
- Play

COURSE ACTIVITIES:

- Lectures/discussions
- Skill practice sessions
- Professional readings
- Reviews
- Video tape presentations
- Skill evaluations
- Written exams

GRADING PROCEDURES AND COURSE REQUIREMENTS:

Tests for this course will be developed from lecture notes, handouts, and assigned material from text. Each student will be given 5 participation points for each class up to 150 points for the semester. The points will be based on student's level of participation during each class. Points will be deducted for non-participating or a low level of participation based on instructor's subjective evaluation. Since this is a professional preparation course, students are expected to dress professionally. This means some type of activity attire (sweats, shorts, warm-ups, etc.). Street clothes are not considered professional activity attire. Students who are not dressed professionally, will be counted present but will not be allowed to participate during that class and points will be deducted from the 5 participation points.

All students will be required to have access to LiveText for this course. Students will be given a LiveText assignment by the course instructor. Each student will review twelve (12) articles pertaining to badminton, pickleball, tennis, racquetball, golf, and disc golf. Each sport will require two (2) reviews each, for a total of twelve (12) reviews. Each review will address some aspect of teaching the sport. A photocopy of each article must accompany the review. The review must be typed or printed by computer, double spaced, not to exceed one (1) page.

Each student will be required to compile a notebook (3 ring binder) that is due 1 week before end of regular classes. This notebook should be well organized and include the following:

- Student's name
- Syllabus
- Class handouts
- Reviews plus a photocopy of each completed article
- Any other instructor requests

Points for course assignments are as follows:

Tests (4@ 100 pts. ea.)	400 points
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Final	100 points
Daily participation grade	150 points
Live Text assignment	50 points
Article reviews (12@10 pts ea.)	120 points
Notebook	<u>30 points</u>
Total	850 points

The students final grade in this course will be based on the following scale:

A	850-765 points
B	764-680 points
C	679-595 points
D	595-510 points
F	Below 510 points

ATTENDANCE POLICY:

Whenever a student's cumulative absences for any reason, excused or unexcused, exceed the equivalent of 4 weeks of scheduled classes and activities, no credit will be earned for the course. Five points will be deducted from student's daily participation points for an unexcused absence.

MAKE-UP POLICY:

Class work may be made-up due to excused absences only. These excused absences should be cleared with the instructor, if possible. In all cases, excused absences not cleared in advance, must be cleared with the instructor on the first class period that the student returns to class, after the absence, in order for make-up work to be allowed. Any work not made-up within 2 weeks, will not be allowed.

PERSONAL TECHNOLOGY POLICY:

Use of cell phones or other electronic devices will not be allowed in class without prior instructor approval. Phones should be off or in silent mode. There is no reason for a student to have to send or address calls or messages during class. If the student has extenuating circumstances and needs to be available for an emergency, permission should be secured from the course instructor before class begins. The first time a cell phone rings in class may be attributed to poor judgment. If this occurs a second time the person who brought the phone to class will be dismissed from class for the day and counted absent and receive a grade of zero (0) for the day's class work. This cell phone policy applies to all classes including exams and presentations.

ACCOMADATION STATEMENT:

In accordance with the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act of 1973, the University offers reasonable accommodations to students with eligible documented learning, physical and/or psychological disabilities. Under Title II of the Americans with Disabilities Act (ADA) of 1990, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Amendment Act of 2008, a disability is defined as a physical or mental impairment that substantially limits one or more major life activities as compared to an average person in the population. It is the

responsibility of the student to contact Disability Support Services to initiate the process to develop an accommodation plan. The accommodation plan will not be applied retroactively. Appropriate, reasonable accommodations will be made to allow each student to meet course requirements, but no fundamental or substantial alteration of academic standards will be made. Students needing assistance should contact Disability Support Services (256-765-4214).

ACADEMIC HONESTY:

Students of the university academic community are expected to adhere to commonly accepted standards of academic honesty. Allegations of academic dishonesty can reflect poorly on the scholarly reputation of the University including students, faculty and graduates. Individuals who elect to commit acts of academic dishonesty such as cheating, plagiarism, or misrepresentation will be subject to appropriate disciplinary action in accordance with university policy.

Incidents of possible student academic dishonesty will be addressed in accordance with the following guidelines:

1. The instructor is responsible for investigating and documenting any incident of alleged academic dishonesty that occurs under the instructor's purview.
2. If the instructor finds the allegation of academic dishonesty to have merit, then the instructor, after a documented conference with the student, will develop a plan for disciplinary action. If the student agrees to this plan, then both instructor and student will sign the agreement. The faculty member will forward a copy of the signed agreement to the Office of Student Conduct for record-keeping purposes.
3. If the student disagrees with the instructor's proposed plan for disciplinary action and wishes to take further action, he/she is responsible for scheduling a meeting with the chair of the department where the course is housed to appeal the proposed disciplinary plan. The department chair shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. If a resolution is reached, the disposition of the case will be forwarded to the Office of Student Conduct. If a resolution at the departmental level is not reached and the student wishes to take further action, he/she is responsible for scheduling a meeting with the dean of the college where the course is housed to appeal the proposed disciplinary plan. The college dean shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. If a resolution is reached, the disposition of the case will be forwarded to the Office of Student Conduct. If a resolution at the college level is not reached and the student wishes to take further action, he/she is responsible for scheduling a meeting with the Vice President for Academic Affairs and Provost (VPAA/P) to appeal the proposed disciplinary plan. The VPAA/P shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. After reviewing all documentation, the VPAA/P may, at his/her discretion, choose either to affirm the proposed action, to refer the case to the Office of Student Conduct for further review, or to dismiss the matter depending on the merits of

the case. The final disposition of the case will be disseminated to appropriate parties, including the Office of Student Conduct.

4. If a student is allowed academic progression but demonstrates a repeated pattern of academic dishonesty, the VPAA/P may, after consultation with the Office of Student Conduct, assign additional penalties to the student, including removal from the University.

BIBLIOGRAPHY:

Barton,J. and Grice,T. (1994). *Tennis*, 6th Ed. Boston, American Press.

Gregory,M. S. (2003). *Disc Golf*, 1st Ed. Minnesota,Trellis Publishing,Inc.

Grice,T. (2008). *Badminton*, 6th Ed. Boston, American Press.

Owens,B. (1995).*Golf: Steps to success*, 2nd Ed. Champaign, Human Kinetics.