

DEREE COLLEGE SYLLABUS FOR:

PE 1014 INTERCOLLEGIATE ATHLETICS

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| A. Soccer | D. Water Polo |
| B. Basketball | E. Swimming |
| C. Volleyball | F. Tennis |

(Spring 2009)

PRE-REQUISITES: None

CATALOG

DESCRIPTION: Participation in one of the college's intercollegiate sports teams. Sportsmanship and teamwork, both on and off the field.
Graded on a P/F basis.

RATIONALE: Athletic competition builds leaders. Many, if not most of all the top leaders in world business, government, and education participated in athletics. Athletes learn to follow and give directions, the value of team work and collaboration, the importance of hard work and persistence, how to play by and enforce the rules and how to be creative in applying old and new principles and theories. These valued traits should be characteristics of ACG's graduates.

OBJECTIVES:

1. Students will work towards perfection of skills, techniques, and strategies.
2. Students will understand the importance of teamwork
3. Students will develop a sense of fairness and sportsmanship both on and off the field.

LEARNING

ACTIVITIES:

1. practices
2. friendly games and scrimmages
3. tournaments, meets and matches
4. team meetings and personal counselling by coaching staff
5. travel

EVALUATION: Graded on a P/F basis based on participation and conduct.

REQUIRED

MATERIAL: Specific equipment and uniform for the particular sport of participation

CONTENT

OUTLINE:

1. Team orientation
2. Team rules
3. Official game rules
4. Acquisition of new skills
5. Perfect practice
6. Sports strength training, conditioning, and nutrition education
7. Acquisition & execution of strategies
8. Adaptation of strategies to current situation
9. Performances i.e. tests/examinations (games, matches & meets)