

DEREE COLLEGE SYLLABUS FOR:

**PE 1016 TEAM SPORTS
(Spring 2009)**

0/2/1

PREREQUISITES: None

CATALOG

DESCRIPTION: This course is a combination of four team sporting activities; soccer, basketball, volleyball, and water-polo. It is designed to provide the novice through the elite athlete a broader outlook and appreciation of different sports. Instruction includes: game rules, techniques, strategies, nuances, and injury prevention. Emphasis on sportsmanship as a player, spectator, and fan which carries over into fair play in all aspects of life.
Graded on a P/F basis.

RATIONALE: Healthy body to house a fit mind. This class provides a variety of popular sports to help encourage life long fitness participation, and appreciation of athleticism, team work, and fair play. This class also provides an introduction to sport teams sponsored by the college.

OBJECTIVES: Introduces/reintroduces four popular team sport options to develop a life long fitness lifestyle.

LEARNING

ACTIVITIES: Lectures, discussions, video visions, demonstrations, guided practice, scrimmages, competitions, self and other evaluations and instructor counseling

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

REQUIRED

MATERIAL: Tennis shoes, swim suit, towel, and appropriate clothing for specific activity of medium to high intensity

CONTENT

OUTLINE: General orientation
For each sport in turn (repeated four times once for each sport)

- Specific sport orientation
- History or interesting facts
- Rules
- Strategies
- Nuances
- Techniques
- Skills practice
- Play/games/competition
- Sportsmanship
- Injury Prevention
- Game attendance
- Unit evaluation

General review & evaluation