

**DEREE COLLEGE SYLLABUS FOR:**

**PE 1017 INDIVIDUAL SPORTS  
(Spring 2009)**

**0/2/1**

**PRE-REQUISITES:** None

**CATALOG**

**DESCRIPTION:** This class is a combination of five individual sporting activities; tennis, table tennis, running, swimming, badminton. It is designed to provide the novice through the elite athlete a broader outlook and appreciation of different individual sports. Instruction includes: sport 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 individual sports to help encourage life long fitness participation. It will increase the participants appreciation of athleticism and fair play. It also provides an introduction to athletic and fitness facilities and activities sponsored by the college.

**OBJECTIVE:** Introduces/reintroduces five popular individual sport options to develop a life long fitness lifestyle

**LEARNING**

**ACTIVITIES:** Lectures, discussions, video visions, demonstrations, guided practice, 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

**CONTENT**

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

- Specific sport orientation
- History or interesting facts
- Rules
- Strategies
- Nuances
- Techniques
- Skills
- Practice
- Competitions
- Sportsmanship
- Injury Prevention
- Unit evaluation

General review & evaluation