

KINE 2335-01 SPORTS AND FITNESS ACTIVITIES

Fall 2013

School of Nursing & Allied Health
Department Of Kinesiology

COURSE DESCRIPTION

Methods and materials are provided in the areas of teaching team and individual activities to elementary and secondary students, church recreation programs, or summer recreation programs. A variety of activities will be presented such as golf, horseshoes, table tennis, bowling, pickleball, and badminton to name a few. Students will also be required to develop activities and teach them to the class as well as take tests, and learn the rules of the sports activities that are taught.

COURSE SEQUENCE IN CURRICULUM AND PREREQUISITE INFORMATION

This course is designed for sophomore level Kinesiology majors. It is a requirement for Teacher Education majors and is an elective for Wellness Management majors. There is no prerequisite.

INSTRUCTOR INFORMATION

Name: Heather Massanova
E-mail: hmassanova@hbu.edu
Office Phone: 281-649-3687
Office Location: Nursing #129
Office Hours:

The content of this outline and the attached schedule are subject to change at the discretion of the professor.

LEARNING RESOURCES

Required Textbook: Mood, D., Musker, F., and Rink, J. (2012). Sports and recreational activities (15th ed.). New York: McGraw Hill

Supplementary Text: None

RELATION TO THE PURPOSE STATEMENT OF THE UNIVERSITY

University mission and purpose statement from the Houston Baptist University Catalog, 2008-2010 (p. 16-17): "The mission of Houston Baptist University is to provide a learning experience that instills in students a passion for academic, spiritual, and professional excellence as a result of our central confession, 'Jesus Christ is Lord'".

"...Committed to providing a responsible and intellectually stimulating environment that:

- fosters spiritual maturity, strength of character, and moral virtue as the foundation for successful living
- develops professional behaviors and personal characteristics for life-long learning and service to God and to the community
- meets the changing needs of the community and society
- remains faithful to the ‘**Nature of the Institution**’ statement”

“...Promotes learning, scholarship, creative endeavor, and service”.

This course contributes to the university purpose by providing an educational program which “is committed to academic excellence in an intellectually free and objective environment” and which provides “physical resources and a campus environment which acknowledge the uniqueness of the individual...and encourages the development of the whole person.”

RELATION TO COLLEGE GOALS AND PURPOSES

The Department of Kinesiology emphasizes the goals of the School of Nursing & Allied Health with the inclusion of multiple learning approaches; a challenging criterion; and the use of reliable, fair methods of evaluation.

RELATION TO DEPARTMENTAL GOALS AND PURPOSES

The Department of Kinesiology is committed to fashioning and cultivating a genuine practitioner in the science of human movement; preparing candidates to assume professional roles in education, in fields aligned with rehabilitation and prevention, and within the environments of sport and exercise. The candidate displays expert knowledge; proficient competencies, and professional disposition suited for success in the profession.

COURSE OBJECTIVES

Overview / purpose of the course

KINE 2335 is designed to prepare the student to teach various sport activities to grades K-12 or other types of sport programs. In addition, the course is designed to acquaint the student with fun, challenging activities, not necessarily sport-oriented but fitness oriented, that are appropriate for different age groups and different interest levels.

Upon completion of this course, students should be able to:

- Participate in various individual and team sports.
- Pass selected quizzes and tests over sport & fitness activities and information.
- Obtain knowledge and information that can be taught to students or other individuals.
- Develop a usable notebook with sport information over selected sports.
- Understand the use of Fitnessgram software being used in Texas Public Schools.

Develop a notebook of lesson designs and plans for physical education or fitness activity classes.

Cover the TExES Exam Domains:

Domain No.	Domain Title	Approx. Percent of Test	Typical Number of Scorable Multiple-Choice Items
I.	Movement Skills and Knowledge	38%	30
II.	Health-Related Physical Fitness	31%	25
III.	The Physical Education Program	31%	25

Technology, writing, or oral objectives:

The student will be required to demonstrate accomplished writing skills; display the use of technology in writing and research activities; and demonstrate appropriate oral and communication skills by the following activities:

1. Students will develop lesson plans for physical activity.
2. Students will put together a notebook with individual and team sport information.
3. Teach the class how to organize a specified individual or team activity lesson.

TOPICAL OUTLINE

TOPIC: CLASS ASSIGNMENT**
Overview, class organization, assignments, explanation of notebook, unit/lesson plan formats, professional attributes, & teacher evaluations
Structuring the PE learning environment
Structuring the PE learning environment
Fitnessgram
Fitnessgram
Prof. Massanova – Capture the Flag
Labor Day Holiday – No Class
Badminton*
Tennis*
Soccer*
Speedball*
Golf*
Test One
Table Tennis*
Frisbee Golf
Orienteering*
Ultimate Frisbee
Horseshoes*
Circuit Training*

Cardiovascular activities
Pilates*
Test Two
Touch and Flag Football*
Pillo Polo/ floor hockey
Pickleball*
Lacrosse
Rugby*
Team Handball*
Test Three
Track events*
Field events*
Volleyball and variations*
Kickball and variations*
Flickerball*
Bowling*
Cricket*
Test Four
Tag games*
Water Polo*
Basketball variations*
Original Game
Thanksgiving Holiday – No Class
Original Game
Original Game
Original Game
Test Five Final-

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TEACHING STRATEGIES

Various teaching strategies will be utilized including: Lecture, demonstration, group interaction, written assignments, instructional media, online resources for professional research projects, and small group learning activities.

Criteria for Student presentations

1. Sources- If your sport or activity is in the textbook that counts as one resource. You must also have at least one other outside resource (or two if it's not in the text). Using the Internet is fine; however, being sure and cite all resources using APA style.
2. You must provide a power point presentation for the entire class. Each student will print the outline form of your power point for inclusion in the class notebook.
3. The following sections should be included in your outline:
 - a. History of the sport/activity
 - b. Equipment used (including court dimensions where applicable).
 - c. Rules and violations
 - d. Terminology and etiquette
 - d. Conduct of play
 - e. Fundamental techniques
 - f. Suggested drills and class organization

ASSESSMENT OF LEARNING

Course requirements

Participation is expected in class discussions and activities. A student is expected to attend all classes and to complete all tests and quizzes. Students will be expected to develop and turn in a notebook of the presentation outlines of all sports and activities. Included in the notebook are lessons and plans for each class activity. Each student is expected to have the required text.

Grading standards

5 tests- 50 points each	250 pts.
3 presentations- 50 points each	150 pts.
Participation- includes attendance, cooperation, and participation	100 pts.
Notebook	100 pts.
In-class Assignments and Homework Assignments	10 pts. each

The student's final course grade is dependent upon the total points earned:

Student appraisal

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59%

Method of student appraisal of faculty:

Students will be given an opportunity to appraise the professor by completing the IDEA Faculty Evaluation Questionnaire at the end of the session. The instructor, the department chairman and dean will review the responses of the students after the completion of the course.

Method of evaluating student response to course:

Students will be given an opportunity to describe their response to the course by completing the IDEA Faculty Evaluation Questionnaire at the end of the course. The instructor, the department chairman and dean will review the responses of the students after the completion of the course

CLASS POLICIES

Absence and Tardy Policies

Regular attendance in class is important for student success, and it is university policy that students must attend class. Absences are recorded beginning from the first class session after the student has enrolled in the course. Professors are not obligated to allow students to make up work they miss due to unexcused absences. Any student who does not attend at least 75% of the scheduled class sessions will receive a grade of “F” for the course, regardless of his performance on other assessments such as tests, quizzes, papers, or projects. Professors may apply additional attendance policies as appropriate to individual courses. Likewise, the college or school may also apply additional attendance requirements as necessary. Please see the catalog currently in use for the university’s policy on classroom absences caused in the course of student representation of the university, such as athletics, chorale, and mock trial activities.

Apart from the absences caused when students represent the university, students might need to miss class and/or lab sessions from time to time due to illness or other reasons. Instructors will permit students to be absent from a maximum of three class meetings that are scheduled in this syllabus for MWF and for TTH courses during the Fall and Spring semesters. Upon the fourth absence, faculty will begin to penalize a student’s grade in the course as the professor deems appropriate. For summer session courses that meet throughout the week, instructors will permit students to be absent a maximum of 2 class meetings. For courses that meet once a week, whether regular semesters or in the summer, instructors will permit students to be absent a maximum of one or two class meetings (upon the discretion of the instructor) before penalties are applied. Students are advised to use the allowed absences for illnesses and significant events beyond their control. Regular attendance in class is important for student success.

Absences beyond the allowed number will result in 5 percentage points taken off your final average for each absence. In addition, 5 percentage points will be deducted from your final average for every two tardies to class. A tardy occurs when the student arrives in class after roll has been taken by the instructor.

FACT: There is a high correlation between attendance and overall performance; e.g., high grades.

Academic Integrity

A tutorial has been created that explains behaviors you may engage in but do not recognize as unethical. Its purpose is to inform and educate you to identify these practices and, therefore, avoid them. You will find the tutorial in a Blackboard class named Academic Integrity, and you are encouraged to complete the tutorial before priority registration for the next semester. You will earn one CLW point upon its completion.

Academic Honesty

Academic honesty is expected of all students. Academic honesty means that all work being submitted for a student's grade is that student's own work and not the work of others. This includes answers to test items, written assignments, oral presentations, etc. Academic dishonesty such as cheating on exams, written work, and oral presentations violates the values of the School of Nursing and Allied Health and will not be tolerated. Plagiarism is defined as "the unauthorized use of language, ideas, and thoughts of another author and representation of them as one's own original work" (Random House Webster's College Dictionary, 1990, p. 1032). For the SONAH, plagiarism can be indicated by failure to follow the rules of format as stated in the *Publication Manual of the American Psychological Association*, 5th edition (2001). According to the APA manual, an author does not present the work of someone else as original work: each time another's words or ideas are used, credit must be given in the text. In the SONAH, plagiarism occurs when using more than seven words in a row of an author without properly documenting.

Academic dishonesty and plagiarism of any course tests, assignments, clinical experiences, etc. will constitute an automatic grade of "0" or "F" on any assignment or failure in the course depending on the seriousness of the violation as viewed by the faculty. Students may also be suspended from HBU for academic dishonesty and plagiarism. For more information, please refer to the *HBU Catalog: University Academic Policies*.

Turnitin

Please refer to the current catalog for the university's policy and procedures regarding academic honesty. Note that the university utilizes "Turn-It-In" and other programs to investigate possible plagiarism activities. All major papers for this course may be submitted to the plagiarism prevention software, **Turnitin.com** on or before a paper's due date. No paper will be graded without meeting this requirement beforehand. A separate handout will be provided to give detailed instructions on this process which must include the class identification number and class password.

In accordance with FERPA, and to best protect the students' privacy, no personal identification (e.g., name, social security number, H number) should be uploaded with the text of student papers. However, Turnitin will ask for the student's name and e-mail address when setting up a personal account. This identifying information will be used by the professor to evaluate the student's paper and cannot be viewed by other faculty or students. To further increase confidentiality, the student may choose to use a pseudonym (false name) when setting up his or her personal Turnitin account.

If a pseudonym is used for Turnitin, the student must provide this identifier next to his/her typed name on the paper copy which is submitted to the professor. Five (5) points will be deducted if the professor is unable to easily match the paper copy to the Turnitin submission of the student's paper.

Children in Classroom

In almost all instances, children are not allowed in the classroom nor are they allowed to be on campus unattended. Class sessions are for enrolled students only unless other arrangements are approved by the instructor in advance

Classroom Behavior Expectations

The classroom environment is to be conducive to learning and is under the authority of the instructor. In order to assure that all students have the opportunity to gain from the time spent in class, students are expected to demonstrate civil behavior in the classroom and show appropriate respect for the instructor and other students. Inappropriate behavior toward the instructor, in or out of the classroom, may result in a directive to the offending student to leave the classroom or the course entirely.

Classroom behaviors that disturb the teaching-learning experiences include the following behaviors: activated cellular phone or other device, demands for special treatment, frequent episodes of leaving and then returning to the class, excessive tardiness, leaving class early, making offensive remarks or disrespectful comments or gestures to the instructor or other students, missing deadlines, prolonged chattering, sleeping, arriving late to class, dominating discussions, shuffling backpacks or notebooks, disruption of group work, and overt inattentiveness. It is at the discretion of the instructor as to whether laptops will be allowed for use in the classroom.

Cell phones are to be turned off and put away. Do not place them on your desktop or use them during class. Laptop computers are not allowed in this class. If you leave the classroom to answer a phone call, you will be marked absent.

Early Alert

As an instructor, I am committed to your success, not only in this class, but in all aspects of HBU life. To ensure that every student takes full advantage of the educational and learning opportunities, HBU has implemented an *Academic Early Alert Referral System (EARS)*. If I think you would benefit from some of these special programs or services

available to you, I will make the appropriate referral. You, in turn, will be expected to take advantage of the help offered to you.

Email Policy

All university and class email communication will be sent to your HBU email account. You are responsible for checking this frequently. If you choose, you may reroute your HBU email to another email address. Your emails should be in a professional format with correct spelling, capitalization, and grammar.

Grievance Procedures

The Academic Grievance Policy may be found in the catalog currently in use, in the Academic section of the HBU Forms section of the HBU Portal, and on the Registrar's page on the HBU Website.

Incomplete Grades

Only the dean of the college or school may grant incompletes and only to students who have a major documented emergency in the last few days of a semester. Students with excessive absences, which will result in failing the course, will not be allowed to take the final exam nor be eligible to receive an incomplete.

Late Work

Students are required to submit all assignments on the due date; a -5 point penalty is assessed for each day late. Your professor must approve any late assignments, missed work, or exam conflicts, prior to the due dates. There will be no exceptions to this policy.

Missed tests

Exams must be taken on the scheduled date and time. Exams cannot be "made up" unless prior approval was granted by the professor. No exceptions.

Learning Disabilities

Houston Baptist University complies with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 regarding students with disabilities. Any student who needs learning accommodations should inform the professor immediately at the beginning of the semester that he/she will be requesting accommodations. In order to request and establish academic accommodations, the student should contact the Coordinator for Learning Disability Services at 504@hbu.edu to schedule an appointment to discuss and request academic accommodation services. Academic Accommodations must be applied for and written each semester. If academic accommodations are approved, a Letter of Accommodations will then be sent to the professor(s). Please refer to the website, www.hbu.edu/504 for all accommodation policies and procedures.

Oral and Written Communication

All oral and written communication will be done in formal Standard English. In written work, penalties will be assessed for difficulties with organization, clarity, punctuation, capitalization, and usage as well as the use of informal language/slang – even if the content is appropriate.

PERSON RESPONSIBLE FOR DEVELOPING SYLLABUS

Heather Massanova

Instructor's Signature

Heather Massanova

Aug 7, 2013