



KINE 176 - Team Sports Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616698

Discipline(s) Coaching
Physical Education
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 176

Course Title Team Sports

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 1 – 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00
to 0.00

Lab 0.00
to 0.00

Activity 36.00
to 54.00

Work Experience 0.00
to 0.00

Outside of Class Hours 18.00
to 27.00

Total Contact Hours 36
to 54

Total Student Hours 54
to 81

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is an introduction to the basic movements and skills necessary for participation in an athletic event. Instruction also identifies rules, team concepts, scoring, etiquette, safety, and conditioning for competitive situations. This course is designed for the beginning student who has never played varsity basketball and/or enrolled in a college team sport class. This course is open to all students.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Perform basic skills necessary to participate in the specific sport.
- B. Demonstrate an understanding of the strategy of the sport.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Perform basic movement skills; catching, throwing, kicking, and using an implement
- B. Understand rules, etiquette, safety, and conditioning
- C. Perform team patterns, strategy, offensive and defensive positioning
- D. Demonstrate the fundamental skills necessary to participate. These would include, but not be limited to, catching, throwing, kicking, using an implement, and basic movement patterns.
- E.

3. Course Content

- A. All Sports (see below)
 - a. Origin and Development
 - b. Objectives of the game
 - c. Techniques and fundamental skills
 - d. Rules of play
 - e. Team Concepts
 - f. Strategy
 - g. Conditioning
 - h. Officiating
 - i. Safety *NOTE
- B. ACTIVITIES
 - a. Baseball
 - b. Basketball
 - c. Bowling

- d. Cross Country
- e. Fencing
- f. Field Hockey
- g. Football
- h. Golf
- i. Lacrosse
- j. Racquetball
- k. Rugby
- l. Soccer
- m. Softball
- n. Swimming
- o. Tennis
- p. Volleyball
- q. Water Polo
- r. Wrestling
- s. Dance

***NOTE**

Each activity will be presented in the format described above. Each activity, will by the diverse nature of the sport, have additional specialized topics included in the basic format.

4. Methods of Instruction:

Discussion:

Lecture:

Other (Specify):

Other: Activity: Students will participate in and compete at the given sport. Group Drills: Students will do drills to enhance their tactical understanding of the sport. Individual Technique Drills: Students will do drills to enhance their personal skills within the sport.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests --

Additional assessment information:

Skill tests

Objective exam covering rules

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Students may be given handouts of recent noteworthy news articles.

Students may be given handouts of book excerpts as they pertain to the sport.

B. Writing Assignments

Because this course is entirely based upon skills development, there are few appropriate writing/reading assignments. The instructional format does require students to supplement instruction by reading the assigned text and assorted class handouts.

C. Other Assignments

As a laboratory (activity) type course, all student work is done primarily in class. There will be times when outside reading is required. However, a majority of the work must be accomplished in class.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: John Wooden and Jay Carty
Title: Coach Wooden's Pyramid of Success
Publisher: Regal Books
Date of Publication: 2005
Edition: 1st

Book #2:

Author: Lee Rose
Title: Winning Basketball Fundamentals
Publisher: Human Kinetics
Date of Publication: 2013
Edition:

Book #3:

Author: Dave Hopla
Title: Basketball Shooting
Publisher: Human Kinetics
Date of Publication: 2012
Edition:

B. Other required materials/supplies.

- FOR CURRENT TEXT SEE TEXTBOOK ADOPTION FORMS ON FILE IN OFFICE OF INSTRUCTION