

Las Positas College
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Course Outline for KIN TS

TEAM SPORTS

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN TS — TEAM SPORTS — 1.00 - 2.00 units

Introduction to rules, skills, and strategies involved with selected team sports (e.g. flag football, softball, ultimate, soccer, etc.). Two to four sports will be selected for the course and are listed in the schedule of classes.

1.00 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Demonstrate knowledge of the rules involved with the selected team sports;
- B. Demonstrate basic skills required in team sports, e.g. passing, dribbling, shooting;
- C. Demonstrate knowledge of offensive/defensive strategies used in selected team sports;
- D. Understand and experience team cooperation and proper conduct (sportsmanship) commonly performed in selected team sports;
- E. Develop and/or maintain a level of fitness needed to participate;
- F. Understand the inherent risks involved with team sports (e.g. turned ankle) and participate in a safe and wise manner.

V. CONTENT:

- A. Explanation and demonstration of rules associated of selected team sports;
- B. Participation in scrimmage and game situations;
- C. Discussion of game strategies and rule interpretations;
- D. Instruction on field dimensions and game equipment;
- E. Proper warm up and warm down activities utilized in selected team sports;
- F. Participation in skill development and drills associated with selected team sports;
- G. Participation in a "hands on" experience via participation in actual games.

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Discussions concerning strategies involved with selected team sports;
- D. Use of audio visual and intranet educational programs;
- E. Student participation in scrimmages and game situations;
- F. Individual and small group drills for skill amelioration;

VII. TYPICAL ASSIGNMENTS:

A. Lecture

1. Double Play Strategy

B. Reading

1. Read class handout or class web page information on double play defensive techniques.

C. Class participation in double play drills.

1. Class activity: infield practice with "fun & go" hitting to re-emphasize proper mechanics use in double play.

D. Group discussion: Refine techniques used in completing the double play.

1. Class would discuss techniques such as catching ball away from base prior to tagging base then turning to throw

ball to first base.

E. Skill-building exercises.

1. Double play drills with fungo hitting.
2. Repetition of mechanics used in double play situation.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Method of Evaluation
 1. Student participation
 - a. Participation will be evaluated daily
 2. Written Exams on rules of each sport covered in class.
 - a. In a try after point situation how many yard from the goal line is the line of scrimmage set for a one-point try? ____ For a two point try? ____
 - b. What is the "Spirit of Play" rule used in ultimate?
 3. Skill tests as utilized in team sports. (e.g. disc throwing accuracy test.

B. **Frequency**

1. Frequency of Evaluation
 - a. Final exam via written and physical skills tests;
 - b. Daily evaluation of student's progress/ participation level by instructor
 - c. Student's self-evaluation.

IX. TYPICAL TEXTS:

1. Gamble, Paul. *Strength & Conditioning for Team Sports.*, Routledge, 2013.
2. Sivills, Kevin. *Designing Effective Practices for Team Sports.*, Southern Family Publishsing, 2012.
3. Selected rule books of selected sports

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will have to provide their own clothing, foot apparel, and nutrients for class participation