

Las Positas College
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Course Outline for KIN CS

COURT SPORTS

Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN CS — COURT SPORTS — 0.50 - 2.00 units

Introduction to rules, skills, and strategies involved with selected court sports (e.g. volleyball, doubles volleyball, coed volleyball, basketball, 3 on 3 basketball, coed basketball, indoor soccer, coed indoor soccer, badminton (singles and doubles), tennis, and other selected sports played on a court). Two to four sports will be selected for the course and listed in the schedule of classes to inform students which court sports will be covered in the class.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. demonstrate a tertiary knowledge and an understanding of the selected court sport activities;
- B. develop an appreciation the basic skills involved with the selected court sport;
- C. be able to participate in the selected court sports for the class;

V. CONTENT:

- A. Information on rules and playing strategies for the selected court sports chosen for this course;
- B. Instruction and demonstration on the basic and beginning level skill need to participate on the selected court sports;
- C. Participation in selected court sport scrimmages and game situations created in the class;
- D. Observation of more advance levels of play involved in the selected court sports;
- E. Instruction on court and field dimensions along with discussion of game strategies;
- F. Proper warm up and warm down activities for various court sports
- G. Physical skill and written tests associated with selected court sport activities;
- H. Discussion of team work and good sportsmanship behaviors;
- I. Social interaction with other students and active participation with team work activities;
- J. Information the different rules involved with coed versus non coed competition of the selected court sports;

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Student participation in scrimmages and games associated with court sports;
- D. Use of audio visual and internet activities to assist in the learning of new skills;
- E. Individual and small group drills for skill amelioration;

VII. TYPICAL ASSIGNMENTS:

A. Lecture/Demonstration 1. Underhand pass in the court sport of volleyball B. Class participation in underhand pass demonstration followed by under hand pass drill. 1. Students are put into lines, tossed a volleyball, and take turns performing the under hand pass back to the tosser 2. Students will progress to variations of this drill (wall drill, one arm pass drills, digs, and underhand sets) 3. Students will participate in a circle drill only performing the underhand pass drill. 4. Students will participate in an "underhand pass drill" game, where they will only be able to perform the underhand pass skill in a drill game. The over emphasis of this drill will help to ameliorate the students under hand pass ability.

VIII. EVALUATION:

- A. **Methods**
- B. **Frequency**

- 1. Student participation will be evaluated on a daily basis.

2. Written final exam(s) will be given towards the last day of class or online.

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Proper athletic attire including shorts, shoes, and shirts.