

Course Syllabus

Course Description

This course provides students with an overview of group sports. Students learn about a variety of sports, yet do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct fitness assessments and participate in regular weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Getting Started**
 - 1.1 Fitness Assessment & Analysis
 - 1.2 Getting Started
 - 1.3 Safety & Injury Prevention
- **Unit 2: Sports Culture**
 - 2.1 Intro to Team Sports
 - 2.2 Sportsmanship & Culture
 - 2.3 Sports Nutrition
- **Unit 3: Soccer**
 - 3.1 Soccer Guidelines & Game Play
 - 3.2 Soccer Skills
- **Unit 4: Basketball**
 - 4.1 Basketball Guidelines & Game Play
 - 4.2 Basketball Skills
- **Unit 5: Baseball/Softball**
 - 5.1 Baseball/Softball Guidelines & Game Play
 - 5.2 Baseball/Softball Skills
- **Unit 6: Volleyball**
 - 6.1 Volleyball Guidelines & Game Play
 - 6.2 Volleyball Skills
- **Unit 7: Post Assessment**
 - 7.1 Post Assessment

Within each section you will find the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lesson(s) about the section topic
3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment/Sport Report***—section assignment or evaluation of a sport
6. **Quiz***—assessment of lesson comprehension
7. **Fitness Log***—a record of your workout sessions for each week

Group Sports

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Exercise Requirements

In addition to completing written assignments, discussions, and quizzes, you are required to complete physical fitness activities and pass off specific sports related skills.

You are required to complete a *minimum* of three hours per week of physical fitness activities over *at least* three different days of the week. Each week’s workouts must include elements of cardio, strength training, and flexibility. You will be recording your activities and heart rate on a weekly log that you will submit to your instructor. More detailed information about the exercise requirements and your fitness log can be found in the “Course Introduction” section and within your fitness log.

You will also have four skills sections throughout this course in which you will focus on learning specific sport-based skills. Many of these skills will require recording one’s self via digital video. If there is an issue with this, please contact the instructor to discuss alternative options.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

*Only 12 Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks) or extra credit.

Recommended Equipment

Though not required, you may find it helpful to have access to exercise and strength training equipment, such as weights or a resistance band, as well as a heart rate monitor or watch. You can find examples of equipment at <https://caronelearning.com/equipment/>

Additionally, for this course you will be working on skills assignments for soccer, basketball, baseball/softball, and volleyball. It would be helpful for you to have proper equipment. However, you can use appropriate substitutions, such as a medium-sized playground ball in place of a soccer ball, basketball, or volleyball.

Below is a list of recommended sports equipment. Keep in mind that it's more important to focus on the skills and technique rather than the actual equipment used.

- Soccer ball
- Basketball
- Softball or baseball
- Softball or baseball bat
- Softball or baseball glove
- Volleyball

Technical Requirements

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.

Most assignments require a word processing application. Microsoft Word, Rich-Text Format (RTF), and Google Doc formatted assignments are available. RTF is ideal for word-processing programs that can't read Microsoft Word documents. You will also need a PDF reader, as noted above, to view some of the assignment instructions or examples.

If you do not have a word-processing program, such as Microsoft Word, it is recommended that you download OpenOffice, a free download that includes programs similar to Word, PowerPoint, and Excel, <http://www.openoffice.org/download/>.