

### Course Syllabus

#### Course Description

This course provides students with an overview of group sports. Students learn about a variety of sports and do an in-depth study of baseball/softball, and volleyball. Students learn the history, rules, and guidelines of each sport, as well as 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 a pre- and post-fitness assessment, as well as participate in weekly physical activity.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Unit 1: Getting Started**
  - 1.1 Fitness Assessment & Analysis
  - 1.2 Getting Started
- **Unit 2: Sports Culture**
  - 2.1 Sports History & Culture
  - 2.2 Sportsmanship
- **Unit 3: Nutrition & Water Sports**
  - 3.1 Nutrition & Drugs
  - 3.2 Water Sports
- **Unit 4: Baseball/Softball**
  - 4.1 Baseball/Softball Game Play
  - 4.2 Baseball History & Hand Signs
  - 4.3 Baseball Skills I
  - 4.4 Baseball Skills II
- **Unit 5: Volleyball**
  - 5.1 Volleyball Guidelines & Game Play
  - 5.2 Volleyball History & Hand Signs
  - 5.3 Volleyball Skills I
  - 5.4 Volleyball Skills 2
- **Unit 6: Post Assessment**
  - 6.1 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/Skill\***—section assignment
6. **Quiz\***—assessment of lesson comprehension
7. **Fitness Log\***—a record of your workout sessions for each week

## Intro to Group Sports II

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

### Exercise Requirements

Although this is an online course, the exercise requirements are anything but virtual! Please read through the instructions and documents on the **Exercise Requirements** page before beginning this course. Contact your instructor if you have any questions about the requirements.

You will also have four skills sections throughout this course in which you will focus on learning specific sport-based skills.

### Assignments and Grading

Each section of this course is designed to be completed in about one week’s time for a 16-18-week course. If you have less time to complete this course, you may need to move through each section at a faster pace.

Please see the detailed schedule or consult with your instructor for more information on points possible and due dates.

### Recommended Materials

There are no required materials or equipment for this course.

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.

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. If you don’t have access to sports equipment, discuss alternative options with your instructor. You may still be able to demonstrate skills as needed.

### Technical Requirements

Please refer to the *Technical Requirements* page in the course for more information.