

PE376O/ Intro to Group Sports Syllabus

Course Title-----	Intro to Group Sports
Course Number-----	PE376O
Grades:-----	09-12
High School Credit Value:-----	0.5
Prerequisites:-----	It is strongly recommended that the student have successfully completed Fitness Fundamentals 1, PED301, prior to taking this course.
Course Length:-----	Regular courses: 17 weeks CR: 9-17 weeks.
Course Time:-----	Regular courses: 17 week schedule: 75 - 90 minutes per school day (6-7.5 hours per week) Credit Retrieval: 75 - 90 minutes per school day (6-7.5 hours per week) until course completion.

{ Course Description }

This course provides students with an overview of group sports. Students learn about a variety of sports, yet do an indepth 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 a pre- and post fitness assessment, as well as participate in weekly physical activity.

- Fitness Fundamentals I is a recommended prerequisite for this course.

Course Materials:

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

2013 Washington State Power Standards

PS 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

PS 2 Demonstrate understanding of movement concepts, principles/rules and strategies as they apply to the learning and performance of physical activities.

PS 3 Participate regularly in physical activity.

PS 4 Meets the age and gender specific health related fitness standards on the five health related fitness components (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Composition) as defined by national guidelines.

PS 5 Exhibits responsible personal and social behavior that respects self and others safely.

PS 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PS 7 Analyzes the progress of their personal health and fitness program, utilizing the five health related fitness components, to set personal goals.

PS 8 Acquires the knowledge necessary to maintain an active life.

Course Outline

This course is divided into the following Units and Sections.

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

Course Work

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

The items noted with an asterisk above are those that must be submitted for a grade.

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 should 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.

Students are permitted to resubmit assignments, quizzes and fitness logs upon request.

Grading

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.

**Parent verification of the Weekly Fitness Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the parent verification is not submitted.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.

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