

Syllabus
Spring Semester of 2007
Course number: HPE 112
Course name: Physical Education Fundamental Skills

Day: MW

Instructor: J. Palmer

Time: 10-10:50

Office Phone: 546-8202

Office Location: Basement of Gym

Office Hours: MWF: 7-8, 1-2 TTH: 7-8, 11-12

Course Overview:

This is a study and exercise in the physical conditioning and safety guidelines associated with such conditioning and the motor development needed for daily living and the maintenance of body functions. Although some practice will be devoted to simple recreation activities, emphasis is placed upon a wide variety of exercise, fundamental sports skills and games of low organization.

Behavioral Objectives:

1. The learner will develop efficient and effective motor skills (locomotor), non-locomotor and manipulative) and basic perceptual motor skills necessary for participation in dance, gymnastics, games, sports, conditioning and physical fitness activities.
2. The learner will develop a positive self-image through participation.
3. The student will develop desirable social and moral behavior through participation in physical education activities.
4. The student will acquire knowledge and the intellectual skills and abilities necessary for participation in physical activities.
5. To promote an understanding of the role of physical education.
6. To introduce the concepts that promote a more adequate understanding of psychical fitness, skill performance, body mechanics, posture, nutrition, obesity, stress, relaxation and the value of exercise.

Instructional Objectives:

1. To briefly acquaint the student with the human organism, its structures, functions, capabilities and limitations in relation to physical fitness.
2. To measure the physical fitness level of students enrolled.
3. To improve the physical fitness level of students enrolled.

4. To teach rules, regulations and the historical development of the various activities presented.
5. To help the students learn physical techniques for evaluating physical status.
6. To help the student be able to correctly execute the skills necessary for participation in the activities presented.
7. To improve students skills through participation in activities presented.
8. To learn skills and activities that may have carry- over value.

Teaching Procedures:

1. Introduction: All students will be given an overview of the course and its expectations
2. Demonstrations: Technique and skills will be demonstrated by students with the instructor's assistance.
3. Practice of skills.
4. Skill Test
5. Written Test
6. All Students will attend library each week.

Course Requirements:

Absenteeism and Dress

1. Absenteeism: each student is expected to attend all class sessions. Any student missing a class session should become familiar with the Shaw university students Handbook Policy which is adopted for this class.
2. Any student who has three (3) consecutive class cuts must obtain an official University excuse to be presented upon returning to class. The student must also obtain written permission for the head of the area of physical education and Dean of Education
3. To improve the physical fitness level of students enrolled.
4. To teach rules, regulations and the historical development of the various activities presented.
5. To help the students learn physical techniques for evaluating physical status.
6. To help the student be able to correctly execute the skills necessary for participation in the activities presented.

7. To improve students skills through participation in activities
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1. Absenteeism: Each student is expected to attend all class sessions. Any student missing a class session should become familiar with the Shaw University student handbook Policy which is adopted for this class.
2. Ant student who has three (3) consecutive class cuts must obtain an official University or medical excuse to be presented upon returning to class. The student must also obtain written permission from the head of the area of physical Education and Dean of Education.
3. The Standard Shaw University Physical Education uniform is mandatory for all class sessions. This will be the only acceptable dress for this class. Should the student attend class not dressed in the appropriate attire, he/she will be asked to leave and considered absent for that particular class session.
4. No expectations will be made for those individual who are considered University athletes.

Written Test and Skill Test:

1. All written tests are to be taken by the student at the scheduled or announced time. Skill tests are to be taken when scheduled or announced.
2. Make-up tests will be administered within a one week period upon receiving the proper excuses from the student. It is the responsibility of the student to schedule with the instructor approval such as make-up examination.

Written Reports and Special Projects:

1. All written reports are to be presented prior to the due date or no later than the due date.
2. Special projects are to be completed prior to the due date or on the date due.

Tardy:

1. All students are expected to be in class on time.
2. Five minutes will be allowed before class instruction starts. Once the instructional phase has started, the student will be considered absent for that particular class session.

Equipment and Cooperation:

Each student is expected to assist with the necessary equipment for participation. **All students will be assigned this task.**

Evaluation:

1. Regular class attendance	10 %
2. Regular class participation	10 %
3. Appropriate Class Attire	10 %
4. Personal Demonstration of Skills/skills test	10 %
5. Written Tests	10 %
6. Final Skills Examination	25 %
7. Final Written Examination	25 %

Methods of Evaluation

<u>Unit</u>	<u>Grade</u>	<u>Points</u>
1. Class Attendance	A	10
2. Class Equipment, attitude And cooperation	A	10
Fitness Unit		
Standing Broad Jump	A	10
Agility	A	10
Vertical Jump	A	10

Pull-ups	A	10
Push-ups	A	10
Sit-ups	A	10
Balance Test	A	10
Four (4) mile course or 1.5 mile run	A	40

<u>Skill Pull-ups</u>	<u>Men</u>	<u>Points</u>
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Number completed		
30-25	A	10
24-20	B	09
19-15	C	08
14-10	D	07

Below=F

<u>Skill pull-ups</u> (30 seconds Hang time)	<u>Women</u>	
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25-30	A	10
19.9-24.9	B	09
14.8-19.8	C	08
9.7-14.7	D	07

Below =F

<u>Skill Sit -ups</u> (Maximum time limit 2 minutes)	<u>Men</u>	
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50-60	A	10
49-40	B	09
39-30	C	08
29-20	D	07

Below=F

<u>Women</u>		
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35-40	A	10
29-30	B	09
23-28	C	08
16-22	D	07

Below=F

<u>Skill balance Test</u> (time limit is 10 seconds on both left and right foot)		
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<u>Men and Women</u>	<u>Point</u>
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10-8	A	10
7-5	B	09
4-3	C	08
2-1	D	07
	Below=F	

<u>Skill-Agility Test</u>	<u>Men</u>	<u>Points</u>
20-25	A	10
19-15	B	09
14-10	C	08
9-5	D	07
	Below=F	

	<u>Women</u>	
20-15	A	10
19-15	B	09
10-14	C	08
5-9	D	07
	Below=F	

Skill standing broad Jump

<u>Distance</u>	<u>men</u>	
12-15	A	10
9-11	B	09
5-8	C	08
1-4	D	07
	Below=F	

	<u>Women</u>	
10- Above	A	10
6-9	B	09
3-5	C	08
1-2	D	07
	Below=F	

Sit-ups
 (Maximum Time Limit 2 minutes)
 Number Completed

	<u>Men</u>	<u>Points</u>
50-60	A	10
49-40	B	09
39-30	C	08
29-20	D	07
	Below=F	
	<u>Women</u>	
35-40	A	10
29-34	B	09
23-28	C	08
16-22	D	07
	Below-F	

Skill Vertical Jump

	<u>Men</u>	
10-9 feet	A	10
8-7 feet	B	09
5-6 feet	C	08
3-4 feet	D	07
	Below=F	

1.5 Mile Run

Ages (13-30)	<u>Men</u>	
9:40 or less		10
9:41-10:48		09
10:49-12:10		08
12:11-15:30		07

Women

Ages (13-30)		
12:30-or less		10
12:30-14:30		09
14:31-16:54		08
16:55-18:30		07

Reference Physical Education Handbook, Seventh Edition: section, Clayton Leibee, et. Al.; Prentice Hall, Englewood cliffs, New Jersey.

Course outline:

Psychomotor

- Fitness
- Aerobics
- Tumbling
- Paddle Tennis
- Volleyball
- Basketball
- Weight Training

Cognitive

1. Cognitive evaluation will be determined by presenting by presenting a 3-5 typed paper on all activities played in class. Each paper must contain the following information:

- Brief History
- General Procedures and playing strategies
- Rules and regulations
- Dimensions pf playing area
- Safety precautions

2. A typed group paper, to be presented orally, of not less than five (5) pages on one of the following topics:

- Obesity
- Smoking
- Stress
- Strength
- Fitness
- Nutrition
- Weight Control
- Drug and Alcohol
- Exercise

Activities

3. Aerobics

10 =A
09 =B
08 = C
07 = D

Scale

20 min. =A
15 min. =B
10 min. =C
5 min. =D

4. Volleyball

Scale/Rallying against wall (1) min.

10 =A
09 =B
08 = C
07 = D

18 above hits
15 -12
09- 06
03-0

5. Basketball

Scale (under Basket Shot)

10 =A
09 =B
08 = C
07 = D

25-30
20-15
10 -05
05-0

6. Weight Training

Scale/ Identification

Bench press
Front Press
Bicep Curl
Tricep Press
Abdominal Curls
Leg Press
Leg Extensions
Lateral Pull downs
Butterfly

10 = A	7 out of 9
09 = B	5 out of 9
08 = C	4 out of 9
07 = D	3 out of 9

7. Paddle Tennis

Scale/ Ralling against wall (1) minute

10 =A
09 =B
08 = C
07 = D

12 above hits
10 -08
06- 04
02-0

8. Softball (men)

Women

10 =A	3.5-3.0
09 =B	4.5-3.6
08 = C	5.6-4.7
07 = D	6.0-5.5

10 =A	4.5-4.0
09 = B	5.6-4.6
08= C	6.6-5.7
07 = D	7.0-6.5

9. Touch Football

Scale/Catching (1) minute

10 = A
09 = B
08 = C
07 = D

14-12
10 -08
06- 04
02-0

10. Badminton

10 = A
09 = B
08 = C
07 = D

18 above hits
15 -12
09- 06
03-0

Total points

Grading Scale pts

93-100 = A
84-92 = B
75-83 = C
74 or below = F

360 + = A
340-320 = B
300-180 = C
120-100 = F