PEHD 202 Laboratory Activities in Physical Education  
Spring 2015 2 credit hours

TIME & PLACE  1:00-4:00 p.m. Thursdays, #146 Silcox Physical Education and Health Center
INSTRUCTOR Gene Sessoms, M.A.
OFFICE HOURS  By appointment
OFFICE  #207 Silcox Physical Education and Health Center
CONTACTS  843-953-8257 (voice)  sessomse@cofc.edu (e-mail)  http://sessomse.people.cofc.edu/ (website)
PREREQUISITES  None
FEE (additional)  $125.00 to cover facility and equipment costs.

COURSE DESCRIPTION  PEHD 202 provides the student an exposure to a wide array of activities in individual and team sports and outdoor adventure. A primary goal is to introduce the student to the basic skills and knowledge necessary to participate in these activities.


COURSE OBJECTIVES  Competencies within the course should prepare students to:
1. Demonstrate the knowledge and skills required to participate in selected individual and team sports.
2. Demonstrate the knowledge and skills required to participate in these contemporary, noncompetitive lifetime activities: kayaking, disc sports, mountain biking, rock climbing, orienteering, and ropes courses.

EVALUATION  
10 %  Active participation
40 %  Skills proficiencies
30 %  Quiz # 1-12
20 %  Final examination

EVALUATION SCALE  
A = 90 – 100 %  B- = 78 – 79 %  D+= 66 – 67 %
A- = 88 – 89 %  C+ = 75 – 77 %  D = 64 – 65 %
B+ = 85 – 87 %  C = 70 – 74 %  D- = 62 – 63 %
B = 80 – 84 %  C- = 68 – 69 %  F = < 62 %

COURSE CONTENT – all units will have a reading assignment given by the instructor.

Unit 1:  Knots and Ropes
A. Proficiencies
   1. Correctly tie 8 knots selected by the instructor and explain the advantages associated with each.
   2. Identify knots in these classifications: stoppers, bends, non-slip loops, and hitches.
   3. Tell of the proper care and handling needed to maintain one’s rope.

Unit 2:  Challenge Course
A. Proficiencies
   1. Successfully tackle the games, initiatives, and elements presented at the challenge course at the JICP. Explain what each activity attempts to accomplish with respect to the individual and the group.
   2. Demonstrate problem-solving abilities as the team encounters challenges on the course.
3. Describe the role of the facilitator and the techniques used while working with a group.

Unit 3: Bowling
A. Proficiencies
   1. Demonstrate the correct grip, stance, approach, and delivery used in bowling.
   2. Explain the etiquette used in bowling and any concerns related to participant safety.
   3. Roll a three game series and score a 110 average. Keep the score for a complete game using the accepted scoring practice.

Unit 4: Ultimate
A. Proficiencies
   1. Demonstrate the correct throwing mechanics for both the backhand and forehand deliveries. Show how to catch the disc.
   2. Exhibit an understanding of the rules of the game and team strategies as you compete in a game of Ultimate.

Unit 5: Football
A. Proficiencies
   1. Demonstrate the basic skills of blocking, defending, and downing opponents.
   2. Demonstrate the basic skills of kicking, passing, and receiving the football.
   3. Set-up and execute two offensive and defensive formations used in the game.

Unit 6: Rock Climbing
A. Proficiencies
   1. Execute the proper tie-in to the belay system, the verbal commands used, and the handwork required as you safely belay another classmate.
   2. Demonstrate various rock climbing holds and techniques as you encounter different problems on the wall and bouldering area.
   3. Successfully complete two of the routes of the 50’ climbing wall at the JICP.

Unit 7: Soccer
A. Proficiencies
   1. Demonstrate the basic skills of the game, to include passing, trapping, dribbling, heading, and shots on goal.
   2. Display knowledge of the basic offensive and defensive principles of the game.
   3. Participate in a game of soccer and rotate through the various player positions.

Unit 8: Geocaching
A. Proficiencies
   1. Explain what the sport of geocaching is and how it began, the benefits that can be gained by participating, and how one can get started.
   2. Show how to use the GPS unit by locating the geocaches on the course.

Unit 9: High Ropes Course
A. Proficiencies
   1. Complete each element of the high ropes course at the JICP.
   2. Explain the course set-up, the challenges posed by the various elements, how a group is conducted through the course, and finally detail what behaviors we may encounter and experience during and after our time on the course.
3. Detail the safety procedures used by the staff and by the participants while on the course.

Unit 10: Mountain Biking
A. Proficiencies
   1. Select and make appropriate adjustments to fit a bicycle to a rider. Identify the basic equipment used by the cyclist. Repair a flat tire.
   2. Demonstrate the basic maneuvers of starting, braking, steering, and shifting gears while negotiating a closed course.
   3. Exhibit an understanding of the rules of the road or rules of the trail and execute these safely while cycling on a three mile trip.

Unit 11: Kayaking
A. Proficiencies
   1. Execute these fundamental strokes and techniques used in paddling a kayak: forward and reverse strokes, sweeps, and high and low braces.
   2. Demonstrate or explain these rescue techniques: the wet exit, self-rescue, and assisted rescues. Show the proper use of safety equipment common in this sport.
   3. Successfully complete a planned trip in a local waterway. Explain and demonstrate how to avoid potential problems associated with kayaking: other water craft, tidal exchange, current, navigational markers, marine life, and other environmental conditions.

Unit 12: Disc Golf
A. Proficiencies
   1. Demonstrate the correct mechanics for throwing the driver and putter.
   2. Show an understanding of the rules and strategies as you participate in three 9-hole rounds.

Unit 13: Orienteering
A. Proficiencies
   1. Explain the basic features of the map and the compass.
   2. Demonstrate an understanding of land navigation using the map and compass on the JICP course.
   3. Complete map and compass situations related to declination, triangulation, or as assigned by the instructor.

Unit 14: Archery
A. Proficiencies
   1. Describe the basic equipment used in archery and how to fit this equipment.
   2. Demonstrate the basic T-form used in shooting.
   3. Detail the guidelines one must observe to insure safe shooting.

ATTENDANCE
   Attendance and participation are very important in this activity-based class. Consequently, you will be penalized a letter grade from your final score for each absence after the first. Whether the Undergraduate Dean recognizes the absence is irrelevant. Tardiness to class is also not the proper conduct. Arriving late to class will result in a point deduction from your final grade.

ELECTRONICS
   Cell phones, laptops, tablets, etc. are not to be brought to our meetings.
MAKE-UP EXAMS The decision to permit the rescheduling of missed work is left to the discretion of the instructor.


WEATHER The class will meet regardless of the weather conditions. If you are unsure of the meeting location, call 843-953-8257. Complications caused by the weather may also cause delays in ending a class session as scheduled.

E-MAIL Check your e-mail the day before each class. This is our primary means of communicating last minute changes, exceptions, quizzes, or other items that need your attention.

SAFETY “Challenge by Choice” is observed during the activity sessions. It simply means that if you feel uneasy about participating in an activity or any part of that activity, for any reason, just say so. You will control the degree of challenge or risk that you will assume in completing any of the outdoor adventure activities.
<table>
<thead>
<tr>
<th>Course Topics</th>
<th>PEHD 202 PROPOSED COURSE OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring 2015</td>
<td>Laboratory Activities in Physical Education</td>
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</tbody>
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January 15  
Knots and Ropes  
Meet in #146 Silcox

January 22  
Challenge Course  
Meet at the JICP climbing wall parking lot

January 29  
Bowling Class  
Meet at Ashley Lanes, 1568 Sam Rittenberg Blvd

February 5  
Ultimate Frisbee  
Meet at the Campus Rec Services Field, Riverland Road

February 12  
Football  
Meet at the Campus Rec Services Field, Riverland Road

February 19  
Rock Climbing  
Meet at the JICP climbing wall parking lot

February 26  
Soccer Class  
Meet at the Campus Rec Services Field, Riverland Road

March 5  
Orienteering  
Meet at the Wando shelter at JICP

March 12  
Spring Break  
No class today.

March 19  
High Ropes Course  
Meet at the JICP climbing wall parking lot

March 26  
Mountain Biking  
Meet at Wannamaker Park in North Charleston

April 2  
Archery  
Meet at the JICP. Lot to be determined.

April 9  
Coastal Kayak Trip  
Meet at the Folly River boat landing

April 16  
Disc Sports  
Meet at the Park Circle disc course in North Charleston

April 23  
Geocaching  
Meet outside in front of the Silcox Gymnasium

April 30  
Final Exam  
Noon – 3 p.m. Meet in #146 Silcox

Directions to James Island County Park (5.5 miles from the CofC)
1. Drive west on Calhoun Street and enter the James Island Connector. Exit right at Folly Road.
2. Turn left at the first traffic light onto Central Park Road. A U.S. post office is located on this corner.
3. Travel 0.9 miles to the end of Central Park Road.
4. Turn left onto Riverland Drive.
5. Continue 0.5 miles to the entrance of the County Park on your right-hand side.

At the gate house, tell them you are with the College of Charleston class. To reach the climbing wall parking lot, take your first right-hand turn past the gate house. Follow the road around the lake. At the stop sign, you will see the climbing wall parking lot to your right.