PEHD 202-01  Laboratory Activities in Physical Education  
Spring 2016  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)  

PREREQUISITES  None  
FEE (additional)  $125.00 to cover facility and equipment costs.  

COURSE DESCRIPTION  A course designed to provide the student an exposure to a variety of activities in the areas of outdoor adventure, team sports and individual sports. Acquisition of basic knowledge and skill competencies for the future physical educator is a primary component.  


STUDENT LEARNING OBJECTIVES  As a result of participating in PEHD 202, students will:  
1. Demonstrate the fundamental skills at the introductory level for each of the individual and team sports and the outdoor adventure activities.  
2. Choose the more important rules and strategies of participation in each activity and provide a brief explanation of their importance and use.  
3. Explain the safety concerns and protocols needed for safe participation in each activity.  

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 eight knots selected by the instructor and explain the advantages associated with each tie.  
2. Identify knots in these classifications: stoppers, bends, non-slip loops, and hitches.  
3. Explain what is required in the proper care and handling necessary to maintain the 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 group encounters challenges on the course.
3. Describe the role of the facilitator and the techniques used by the facilitator while working with a group.

Unit 3: Bowling
A. Proficiencies
   1. Demonstrate the conventional grip, the stance, the 4-step approach, and the delivery used in bowling.
   2. Exhibit the proper etiquette and attention to safe participation expected while bowling a 3 game series.
   3. Score a 110 average or better during your three game series. Correctly score a complete game on a bowling score sheet.

Unit 4: Ultimate
A. Proficiencies
   1. Demonstrate the correct throwing mechanics for the backhand and the forehand deliveries. Show the hand positions and technique used to catch the disc.
   2. Exhibit an understanding of the rules of the game and basic offensive and defensive team strategies used as you participate 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, use the verbal commands correctly, and demonstrate the hands-on work required as you safely belay another climber.
   2. Demonstrate at least three rock climbing hand holds and two foot holds while attempting routes on the wall and bouldering areas.
   3. Successfully complete two of the 50’ routes on the 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. Participate in a game of soccer and rotate through the various player positions.
   3. Display knowledge of the basic offensive and defensive principles of the game.

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 successfully 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 the 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.

**HONOR SYSTEM**  
Review the guide entitled *Student Handbook 2015-2016: A Guide to Civil and Honorable Conduct*. Find it online here:  
http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php

**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. In the simplest sense it means that if you feel uneasy about participating in an activity or any part of that activity, for any reason, inform the instructor. You will control the degree of challenge or risk that you assume in completing any of the outdoor adventure activities.

**DISABILITY**  
The College of Charleston will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, suite 104. Students approved for accommodations are responsible for notifying the instructor before the start of the class.
Course Topics

PEHD 202 PROPOSED COURSE OUTLINE
Spring 2016
Laboratory Activities in Physical Education

January 7
Knots and Ropes Meet in #215 Silcox Gymnasium

January 14
Challenge Course Meet at the JICP climbing wall parking lot

January 21
Bowling Class Meet at Ashley Lanes, 1568 Sam Rittenberg Blvd

January 28
Ultimate Frisbee Meet at the Campus Rec Services Field, Riverland Road

February 4
Football Meet at the Campus Rec Services Field, Riverland Road

February 11
Rock Climbing Meet at the JICP climbing wall parking lot

February 18
Soccer Class Meet at the Campus Rec Services Field, Riverland Road

February 25
High Ropes Course Meet at the JICP climbing wall parking lot

March 3
Orienteering Meet at the Wando shelter at JICP

March 10
Spring Break No class today.

March 17
Mountain Biking Meet at Wannamaker Park in North Charleston

March 24
Archery Meet at the JICP. Lot to be determined.

March 31
Coastal Kayak Trip Meet at the Folly River boat landing

April 7
Disc Sports Meet at the Park Circle disc course in North Charleston

April 14
Geocaching Meet outside in front of the Silcox Gymnasium

April 28
Final Exam Noon – 3 p.m. Meet in #146 Silcox Gymnasium

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.