Laboratory Activities in Physical Education

Spring 2017 2 credit hours

COURSE MEETING 1:00-4:00 p.m. Thursdays, #146 Silcox Physical Education and Health Center.
TIME and PLACE Most classes will meet off-campus at those locations specified on the final page.
INSTRUCTOR Mr. 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 and individual sports. Acquisition of basic knowledge and skill competencies for the future physical educator is a primary component.


COURSE OBJECTIVES As a result of participating in PEHD 202, students will be able to:
1. Demonstrate the fundamental skills needed to participate at the introductory level for each of the sports or 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 25% Active participation
20% Skills proficiencies
40% Quizzes 1 - 12
15% 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
Instructional Objectives and Student Learning Outcomes

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 of 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 the activities attempt to accomplish with respect to
identifying individual behaviors and views while fostering an opportunity for cooperative learning and growth by members of the group.

2. Demonstrate problem-solving abilities as challenges are encountered by the group while 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 safety 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 through your participation in a game of Ultimate an understanding of the rules of the game and the basic offensive and defensive team strategies.

Unit 5: Disc Golf
A. Proficiencies
   1. Demonstrate the correct mechanics for throwing the driver and using the putter.
   2. Show an understanding of the rules, strategies, and etiquette of the sport as you participate in three 9-hole rounds on a regulation course.

Unit 6: Soccer
A. Proficiencies
   1. Demonstrate the basic skills of the game, to include passing, trapping, dribbling, heading, and taking 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 in your game play.

Unit 7: 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 8: 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 9: 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 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: 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.

Unit 12: Paddling
A. Proficiencies
   1. Execute these fundamental strokes and techniques used in paddling: forward and reverse strokes, sweeps, and high and low braces.
   2. Demonstrate or explain various rescue techniques: 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 related to other water craft, tidal exchange, current, navigational markers, marine life, and other environmental conditions.

Unit 13: 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.
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<th><strong>ATTENDANCE</strong></th>
<th>Attendance and participation are very important elements in this activity-based class and will comprise 25% of your grade. You are expected to be there and on time. Tardiness too is not the proper conduct expected of future teachers. Notes from the Absence Memo office are not factored when determining this grade.</th>
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<tr>
<td><strong>ELECTRONICS</strong></td>
<td>Cell phones, laptops, tablets, etc. are not to be brought to our meetings.</td>
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<td><strong>MISSED ASSIGNMENTS</strong></td>
<td>The decision to permit an extension for the acceptance of late or missed work is left to the instructor.</td>
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<td><strong>WEATHER</strong></td>
<td>The class will meet regardless of the weather conditions. If you are unsure of the meeting location, call 843-953-8257 at 11:30 a.m. Complications caused by the weather may also cause delays in ending a class session as scheduled.</td>
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<td><strong>E-MAIL</strong></td>
<td>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.</td>
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<td><strong>SAFETY</strong></td>
<td>“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.</td>
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<td><strong>ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES</strong></td>
<td>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.</td>
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Course Topics  
PEHD 202  PROPOSED COURSE OUTLINE  
Spring 2017  
Laboratory Activities in Physical Education  

These activities and/or dates are subject to change.  

January 12  Knots and Ropes  
Meet in #215 Silcox Gymnasium  

January 19  Challenge Course  
Meet at the JICP climbing wall parking lot  

January 26  Bowling Class  
Meet at Ashley Lanes, 1568 Sam Rittenberg Blvd.  

February 2  Ultimate Frisbee  
Meet at the Campus Rec Services Field, Riverland Road  

February 9  Disc Golf  
Meet at the Campus Rec Services Field, Riverland Road  

February 16  Disc Golf  
Meet at the Park Circle disc course in North Charleston  

February 23  High Ropes Course  
Meet at the JICP climbing wall parking lot  

March 2  Orienteering  
Meet at the Wando shelter at JICP  

March 9  Spring Break  
No class today.  

March 16  Orienteering  
Meet at the Wando shelter at JICP  

March 23  Rock Climbing  
Meet at the JICP climbing wall parking lot  

March 30  Mountain Biking  
Meet at Wannamaker Park in North Charleston  

April 6  Archery  
Meet at the JICP. Lot to be determined.  

April 13  Stand-Up Paddleboard  
Meet at the JICP lake. Entry next to the dog park.  

April 20  Geocaching  
Meet outside in front of the Silcox Gymnasium  

May 2  Final Exam  
Noon – 3 p.m. Meet in #146 Silcox Gymnasium  

Directions to James Island County Park  
Distance 5.5 miles from the College of Charleston campus.  

1. Drive west on Calhoun Street and onto the James Island Connector. Exit right at Folly Road.  
2. Turn left at the first traffic light on 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 on Riverland Drive.  
5. Continue 0.5 miles to the entrance of the County Park on your right-hand side.  

At the entry gate, explain that you are there to attend 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.