

# KIN 0096 - SPORTS ACTIVITIES

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## Catalog Description

Formerly known as PHED 93

Hours: 36 activity per unit

Description: Intra-class competition in the group activities of basketball, flag football, volleyball, soccer, ultimate sports and softball. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Identify the primary safety guidelines for various sports activities.
- CSLO #2: Explain game rules for various sports.
- CSLO #3: Demonstrate defensive and offensive skills for various sports.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Demonstrate defensive positioning in softball
2. Demonstrate defensive plays in basketball.
3. Analyze offensive plays in flag football.
4. Construct a sports game schedule
5. Perform sports conditioning drills.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Objective Examinations
  - Example: Students will take a multiple choice examination on how to build a double-elimination bracket for volleyball. Standard grading will be used. Example question: To make an 8 team double-elimination bracket for volleyball, how many days will it take to run the tournament. A. 3 days B. 2 days C. 1 day D. none of the above
- Projects
  - Example: The students will develop a practice plan for either soccer, basketball, volleyball, softball or flag football.
- Skill Demonstrations
  - Example: The students will demonstrate what inbound play to use, under the basket, against a 1 v. 1 defense.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will create a third down offensive scenario for flag football. The students will demonstrate the appropriate third down play.
2. The students will create a double-elimination bracket for a volleyball tournament. The instructor will select one of the brackets and the students will run the tournament.

Distance Learning

1. Discussion by the instructor on sports conditioning drills. The students discuss this topic in small groups.
2. Instructor will lead a discussion on offensive plays in flag football. The students will discuss this topic in small groups.

## Typical Out of Class Assignments

### Reading Assignments

1. The student will read the chapter on basketball conditioning and be prepared to discuss how target heart rate enhances workout levels.
2. The students will read the handout out on creating tournament brackets and be prepared to create a bracket.

### Writing, Problem Solving or Performance

1. Prepare a list comparing and contrasting conditioning programs for softball, soccer and flag football.
2. The student will write a one-page paper on the responsibilities of a Libero in volleyball.

### Other (Term projects, research papers, portfolios, etc.)

### Required Materials

- Winning Flag Football - Essential Plays
  - Author: Arthur Franz
  - Publisher: Human Kinetics

- Publication Date: 2017
- Text Edition: 2nd
- Classic Textbook?:
- OER Link:
- OER:
- Soccer Skills and Drills
  - Author: National Soccer Coaches Association of America
  - Publisher: Human Kinetics
  - Publication Date: 2017
  - Text Edition: 3rd
  - Classic Textbook?:
  - OER Link:
  - OER:
- Winning Softball Drills
  - Author: Dianne Baker
  - Publisher: Human Kinetics
  - Publication Date: 2016
  - Text Edition: 3rd
  - Classic Textbook?:
  - OER Link:
  - OER:
- The Volleyball Drill Book
  - Author: American Volleyball Coaches Association
  - Publisher: Human Kinetics
  - Publication Date: 2018
  - Text Edition: 2nd
  - Classic Textbook?:
  - OER Link:
  - OER:
- Basketball Skills and Drills
  - Author: Jerry Krause, Don Meyer, Jerry Meyer
  - Publisher: Human Kinetics
  - Publication Date: 2015
  - Text Edition: 4th
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**