I. TITLE: Teaching Lifetime Sports

II. CATALOG DESCRIPTION: At least four of the following sports will be taught: fitness, golf, tennis, bowling, badminton, archery and outdoor leisure activities. HPE 175 (may be taken concurrently with HPE 175).

III. PURPOSE: The purpose of this course is to provide the prospective physical education teacher with experience in preparing, organizing and teaching lifetime sport activities.

IV. COURSE OBJECTIVES: The behaviors indicated below are understood to be reflective of, but not limited to those behaviors advocated by the Kentucky Education Reform Act guidelines. Following each objective, and enclosed in parentheses, are numbers which reference the Kentucky New Teacher Standards. Upon completion of this course the students will be able to:
   A. Demonstrate the ability to prepare lesson and unit plans. (NTS I)
   B. Demonstrate the ability to teach individual sport skills. (NTS III)
   C. Demonstrate a knowledge of safety factors required for safe participation in various individual sport activities. (NTS VIII)
   D. Demonstrate proficiency in the basic lifetime activities covered in this course. (NTS VIII)
   E. Demonstrate knowledge of rules, strategy and a historical knowledge of each of the lifetime activity covered in this course. (NTS VIII)

V. CONTENT OUTLINE: An overview of general game concepts, history, safety, equipment used, basic rules, skills, strategies and teaching techniques will be presented for the following activities:
   A. Fitness - Weight Training
   B. Racquetball
   C. Badminton
   D. Bowling
   E. Swimming
   F. Tennis
   G. Track & Field
   H. Golf
   I. Additional selected individual sports

VI. INSTRUCTIONAL ACTIVITIES: Lecture, discussion, reading, demonstration, skill instruction and practice. Integration of teaching techniques with a variety of individual sports and activities.
VII. **FIELD, CLINICAL, AND/OR LABORATORY EXPERIENCES:** Each student will, in collaboration with the instructor, select, prepare, and teach two to four lessons from individual sport activities.

VIII. **RESOURCES:** This course will integrate practical teaching experience, textbook readings and classroom participation / observation.

IX. **GRADING PROCEDURES:** Final grades will be based on the following percentages:
   - Written Exams 45%
   - Teaching Assessments, Lesson Plans & Self-evaluation 30%
   - Unit Plan 15%
   - Assignments 10%

   Points will be deducted for all late work.

X. **ATTENDANCE POLICY:** This course adheres to the policy stated in the MSU Undergraduate Bulletin.

XI. **ACADEMIC HONESTY POLICY:** Cheating, plagiarism (submitting another person’s materials as one’s own), or doing work for another person which will receive academic credit are all impermissible. This includes the use of unauthorized books, notebooks, or other sources in order to secure or give help during an examination, the unauthorized copying of examinations, assignments, reports, or term papers, or the presentation of unacknowledged materials as if it were the student’s own work. Disciplinary action may be taken beyond the academic discipline administered by the faculty member who teaches the course in which the cheating took place.


XIII. **PREREQUISITES:** HPE 175 (may be taken concurrently with HPE 175).