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) or consent of program coordinator.

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 for Preparation and Certification (NTS). Upon completion of this course the students will be able to:
   A. Demonstrate the ability to prepare lesson and unit plans. (NTS #1)
   B. Demonstrate the ability to teach individual sport skills. (NTS #3)
   C. Demonstrate knowledge of safety factors required for safe participation in various individual sport activities. (NTS #8)
   D. Demonstrate proficiency in the basic lifetime activities covered in this course. (NTS #8)
   E. Demonstrate knowledge of rules, strategy and a historical knowledge of each of the lifetime activity covered in this course. (NTS #8)

   The COE Theme of Educator as Reflective Decision-Maker is addressed in this course by requiring students to reflect on classroom settings, student characteristics, and teaching effectiveness through peer observation.

   The EPSB Theme of Assessment, developing skills to assess student learning, is addressed by students developing assessment tools for each activity that they are learning; for example, skills tests, paper and pencil tests.

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. Badminton
   C. Golf
   D. Outdoor leisure activities
      -Ultimate Frisbee
      -Power walking
VI. **INSTRUCTIONAL ACTIVITIES:** Lecture, discussion, reading, demonstration, skill instruction and practice. Integration of teaching techniques with a variety of individual sports and activities will be investigated.

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:

A. Written Exams (3 exams – 25% each) 
B. Teaching Assessments, Lesson Plans & Self-evaluation
C. Unit Plan

Grading Scale: 100-90% - A; 89-80% - B; 79-70% - C; 69-60% - D; below 60 - E

Points will be deducted for all late work.

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

XI. **ACADEMIC HONESTY POLICY:**
This course adheres to the academic honesty policy stated in the current MSU Undergraduate Bulletin.

XII. **TEXT AND REFERENCES:**

XIII. **PREREQUISITES:** HPE 175 (may be taken concurrently with HPE 175) or consent of the program coordinator.

XIV. **STATEMENT OF AFFIRMATIVE ACTION AND EQUAL OPPORTUNITY:**
Murray State University does not discriminate on the basis of race, color, national origin, sex, religion, marital status, age, or disability in employment, admission, or the provision of services, educational programs and activities, and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities an equal opportunity to participate in all programs and activities. For information regarding nondiscrimination policies, contact the Office of Equal Opportunity, 270-809-3155.
XV. FLAG SYSTEM/CONTINUOUS ASSESSMENT:
Student progress is continuously assessed throughout the teacher preparation program. Appropriate professional characteristics and dispositions, in addition to academic achievement, are assessed. Positive and negative flags are submitted by faculty to Teacher Education Services and then presented to admissions committee. Negative flags are carefully reviewed to make a determination as to whether a student should be denied admission OR if a professional development plan will be designed for the student’s progress towards program completion. NEGATIVE FLAGS MAY BE GROUNDS FOR DENIAL OR ADMISSION TO TEACHER EDUCATION AND/OR STUDENT TEACHING.

Note: Instructor reserves the right to make changes in the course activities and assignments as deemed necessary during the semester.