



FAYETTEVILLE STATE UNIVERSITY
SCHOOL OF EDUCATION

DEPARTMENT OF
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

I. LOCATOR INFORMATION

Semester: Fall 2009

Course No. & Name: PEDU 204 – Methods in Individual & Dual Sports

#Semester Hours of Credit: 2

Time Class Meets: TTh 9:30-10:20

Email: dsheppar@uncfsu.edu

Instructors: Mr. Derwin Sheppard

Office Location: HPERC #318 Office Phone: 672-2559

Office Hours: M _____ T _____ W _____ TH _____ F _____

II. COURSE DESCRIPTION

A practical introduction to the individual and dual sports of archery, badminton, golf, tennis, and camping, with emphasis on the knowledge base of each sport, the methods and techniques of teaching each, playing strategies, mechanical analyses, and skill development.

III. TEXTBOOK

Schmottlach, Neil and McManama, Jerre, Physical Education Handbooks. Prentice Hall, 11th Edition, 2005

IV. SPECIFIC COURSE OBJECTIVES

1. The student will demonstrate an average of seventy-three percent proficiency in archery, golf, camping, tennis, and badminton as determined by objective skill tests and teacher rating.
2. The learner will demonstrate an understanding of the cognitive concepts related to archery, golf, camping, tennis, and badminton based on written examinations.

3. To develop and state an appreciation of the origin and history of archery, golf, camping, tennis, and badminton.
4. Each student will structure a satisfactory one (1) unit lesson plan in archery, golf, camping, tennis, and badminton. Scoring seventy three percent and above on each.
5. Each student will organize and demonstrate in a teaching experiment designed to give the learner an initial experience in the conduct of a lesson in archery, golf, camping, tennis, and badminton.

V. COURSE COMPETENCIES

Students are expected to become proficient in the skills and/or exhibit the following behaviors:

1. Understand and use a variety of movement experiences that promote motor skills.
2. Understand, select, use appropriate teaching methods, equipment, and supplies to implement the physical education program.
3. Select and design appropriate techniques to evaluate student progress.
4. Provide learning experiences in which physical activity can be enjoyed.
5. Define, recognize, and identify terminology related to movement and motor skills.
6. Be committed to having lesson plans and resource units current.
7. Each student will demonstrate through his/her overall behavior and average mastery of the knowledge, skills, and concomitant learning essential to becoming a good physical educator.
8. Ability to apply scoring procedures and officiating techniques for each sport.
9. Ability to demonstrate proficiency in the execution and analysis of the motor skills/techniques.
10. Students will gain experience in fundamental motor and sports skills in a supervised teaching practicum.
11. Each student will be acquainted with the role of the camp counselor in planning, organizing and administering camp programs.
12. Each student will be acquainted with various types of camping equipment, its purchase, use, and care.

13. Each student will experience outdoor living in a practical camping situation.

BEHAVIORAL OBJECTIVES

At the conclusion of this course, a 73% proficiency score will be obtained on the following performance indicators by the student being able to:

1. Demonstrate seventy three percent proficiency in archery, badminton, golf, and tennis as determined by objective skill tests and teacher ratings.
2. Demonstrate an understanding of the cognitive concepts relative to archery, badminton, golf, tennis, and outdoor camping scoring 73% or above on all written examinations.
3. Develop and state an appreciation of the origin and history of each sport.
4. Structure one unit with lesson plans in archery, badminton, golf, tennis and camping.
5. Organize, demonstrate, and teach one lesson in archery, badminton, golf, tennis, and camping.

SAFETY PRECAUTIONS

1. Use equipment only on command.
2. Retrieve arrows and balls only on command.
3. Know and use all equipment safely.
4. Know your warning signals - timber and fore.
5. Know all safety rules of archery and golf.

VI. EVALUATION CRITERIA

The following procedures will be used to determine the student's knowledge, skill ability and teaching ability.

A. Skill Assessment (5)	10%
B. Written, Examinations	30%
C. Lesson/Unit Plan (5/1)	35%
E. Teaching Assignments (5)	25%

GRADING SCALE

92 - 100	= A
83 - 91	= B
73 - 82	= C
64 - 72	= D
Below 64	= F

ABSENTEE POLICY

In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average.

Example: Final grade average 92 = A; 3 unexcused absences = minus 3 points; 3 points deducted (92 - 3 = 89) = B grade.

Excused absences include DOCUMENTED emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. This policy includes all levels of classes (100 thru 400 level.)

VII. COURSE OUTLINE WITH ASSIGNMENT SCHEDULE

- I. INTRODUCTION
 - A. Definitions
 - B. Objectives
 - C. Lesson plans
 - D. Unit **1st week**

- II. ARCHERY **2nd - 4th week**
 - A. Knowledge Concepts
 - 1. History
 - 2. Terminology
 - 3. Game rules scoring and competition
 - 4. Equipment and Safety

 - B. Fundamental Skills
 - 1. Stringing the Bow
 - a. push-pull method
 - b. step through method
 - 2. Stance (square and open) and Grip
 - 3. Nocking, Drawing, Anchoring
 - 4. Aiming, holding, releasing, follow-through, (relaxation and concentration)

- III. BADMINTON **5th - 7th week**
 - A. Knowledge concepts
 - 1. History
 - 2. Terminology

3. Game rules, strategy scoring and competition
 4. Equipment, court dimensions and safety
- B. Fundamental Skills
 1. Grips and footwork (ready positions)
 - a. Forehand
 - b. Backhand
 2. Strokes
 - a. Long serve (forehand underhand clear)/holding the shuttle
 - b. Short serve
 - c. Overhead clear (forehand and backhand)
 - d. Overhead smash (forehand and backhand)
 - e. Drive (forehand and backhand)
 - f. Drop shots (overhead, underhand, hairpin)

IV. TENNIS **8th-10th week**

- A. Knowledge concepts
 1. History
 2. Terminology
 3. Game rules, strategy, scoring, and competition
 4. Equipment, court dimensions and safety

- B. Fundamental Skills
 1. Grips and footwork (ready position)
 - a. forehand
 - b. backhand
 2. Forehand Drive
 3. Backhand Drive
 4. Serve
 5. Volley
 6. Lob
 7. Smash
 8. Drop shot

V. GOLF

- A. Knowledge Concepts **11th - 13th week**
 1. History
 2. Terminology
 3. Game rules, scoring, course, and competition
 4. Equipment and safety
- B. Fundamental Skills
 1. Grips, stance, and swings
 2. Shots and clubs
 - a. Putter
 - b. Short-Irons

- c. Medium-Irons
- d. Long-Irons
- e. Woods (Driver)

- VI. CAMPING **14th week**
- A. Knowledge Concepts
 - 1. History
 - 2. Terminology
 - 3. Camping Equipment, site, and safety
 - 4. Counseling
 - B. Fundamental Skills
 - 1. Pitching a Tent
 - 2. Cooking Out
 - 3. Orienteering and map reading
 - 4. Camping games and activities

VIII. COURSE REQUIREMENTS

1. All students must be dressed in the physical education Major's uniform.
2. All students must have required text.
3. Class attendance is mandatory - see University's catalogue.
4. All assignments are due on the assigned dates. (10 points will be deducted from all late assignments)
5. Participate in all classes.
6. Conduct yourself in a manner befitting a professional.

IX. TEACHING STRATEGIES

1. Lecture
2. Demonstration
3. Audiovisual Aids
4. Independent practice

ASSIGNMENT SCHEDULE

<u>ASSIGNMENT(S)</u>	<u>DUE DATE</u>
I. Archery	
A. Lesson plan (teaching)	_____
B. Skills test	_____
C. Written Knowledge test	_____
D. Unit (optional)	_____

- II. Badminton_____
- A. Lesson plan (teaching)
- B. Skills test
- C. Written Knowledge test
- D. Unit (optional)

- III. Tennis_____
- A. Lesson plan (teaching)
- B. Skills test
- C. Written Knowledge test
- D. Unit (optional)

- IV. GOLF
- A. Lesson plan (teaching)
- B. Skills test
- C. Written Knowledge test
- D. Unit (optional)

- V. CAMPING
- A. Lesson plan (teaching)
- B. Skills test
- C. Written Knowledge test

- D. Unit (optional)