

PEHD 202  
Spring 2014

## Laboratory Activities in Physical Education

2 credit hours

TIME & PLACE	1:00-4:00 p.m. Thursdays, #146 Silcox Physical Education and Health Center
INSTRUCTOR	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) <a href="http://sessomse.people.cofc.edu/">http://sessomse.people.cofc.edu/</a> (website)
PREREQUISITES	None
FEE (additional)	\$125.00 to cover facility and equipment costs.
COURSE DESCRIPTION	PEHD 202 provides the student an exposure to a wide array of activities in individual and team sports and outdoor adventure. A primary goal is to introduce the student to the basic skills and knowledge necessary to participate in these activities.
COURSE TEXT	Optional. Mood, D., Musker, F., and Rink, J. (2007). Sports and Recreational Activities. 14th ed. New York: McGraw-Hill Publishing Co.
COURSE OBJECTIVES	Competencies within the course should prepare students to: 1. Demonstrate the knowledge and skills required to participate in selected individual and team sports. 2. Demonstrate the knowledge and skills required to participate in these contemporary, noncompetitive lifetime activities: kayaking, disc sports, mountain biking, rock climbing, orienteering, and ropes courses.
EVALUATION	25 % Active participation 25 % Skills proficiencies 30 % Quiz # 1-12 20 % 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 – all units will have a reading assignment given by the instructor.

Unit 1:      Knots and Ropes

A. Proficiencies

1. Correctly tie 8 knots selected by the instructor and explain the advantages associated with each.
2. Identify knots in these classifications: stoppers, bends, non-slip loops, and hitches.
3. Explain the proper care and handling used in maintaining one's rope.

Unit 2:      Challenge Course

A. Proficiencies

1. Successfully tackle the games, initiatives, and elements presented at the challenge course at the JICP.
2. Demonstrate problem-solving abilities as the team seeks solutions to the challenges encountered on the challenge course.
3. Explain the role of and the techniques used as a facilitator works with a group.

- Unit 3: Bowling
- A. Proficiencies
1. Demonstrate the correct grip, stance, approach, and delivery used in bowling.
  2. Explain the etiquette used in bowling and concerns related to participant safety.
  3. Roll a three game series and score a 110 average. Score a complete game using the accepted symbols to indicate the line score.
- Unit 4: Ultimate
- A. Proficiencies
1. Demonstrate the correct mechanics in throwing and catching the disc.
  2. Demonstrate an understanding of the rules of the game and team strategies as you compete in a game of Ultimate.
- Unit 5: Football
- A. Proficiencies
1. Demonstrate the basic skills of blocking, defending, and downing opponents.
  2. Demonstrate the basic skills of kicking, passing, and receiving the football.
  3. Set-up and execute two offensive and defensive formations used in the game.
- Unit 6: Rock Climbing
- A. Proficiencies
1. Demonstrate the proper tie-in to the belay system, the verbal commands used, and the handwork required as you safely belay another classmate.
  2. Demonstrate various rock climbing holds and techniques as you solve different problems encountered on the wall and bouldering area.
  3. Successfully complete two of the routes of the 50' climbing wall at the JICP.
- Unit 7: Soccer
- A. Proficiencies
1. Demonstrate the basic skills of the game, to include passing, trapping, dribbling, heading, and shots on goal.
  2. Demonstrate knowledge of the basic offensive and defensive principles of the game.
  3. Participate in a game of soccer and rotate through the various player positions.
- Unit 8: Geocaching
- A. Proficiencies
1. Explain what geocaching is, the benefits that can be gained by participating, and how to get started.
  2. Demonstrate how to use the GPS unit and then locate the geocaches on the course.
- Unit 9: High Ropes Course
- A. Proficiencies
1. Complete each element of the high ropes course at the JICP.
  2. Explain the course set-up and the challenges posed by the various elements. Explain how a group is conducted through the course and what behaviors we may encounter during and after the experience on the course.
  3. Detail the safety procedures used on the course.
- 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: Kayaking

- A. Proficiencies
  1. Execute these fundamental strokes and techniques used in paddling a kayak: forward and reverse strokes, sweeps, and high and low braces.
  2. Demonstrate or explain these rescue techniques: the wet exit, 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 associated with kayaking: other water craft, tidal exchange, current, navigational markers, marine life, and environmental conditions.

Unit 12: Disc Golf

- A. Proficiencies
  1. Demonstrate the correct mechanics for throwing the driver and putter.
  2. Demonstrate an understanding of the rules and strategies as you participate in three 9-hole rounds.

Unit 13: 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 14: 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 to observe to insure safe shooting.

**ATTENDANCE** Attendance and participation are very important in this activity-based class. Consequently, you will be penalized a letter grade from your final score for each absence after the first. Whether the Undergraduate Dean recognizes the absence is irrelevant. Tardiness to class is also not the proper conduct. Arriving late to class will result in a point deduction from your final grade.

**ELECTRONIC DEVICES** Do not bring cell phones, laptops, tablets, etc. to the class meeting locations.

**MAKE-UP EXAMS** Make-up exams or skills tests are given at the discretion of the professor. Only extenuating circumstances warrant rescheduling of missed work. It is the student's responsibility to contact the instructor in such cases.

- HONOR SYSTEM See the guide entitled Student Handbook 2013-2014: A Guide to Civil and Honorable Conduct. <http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php>
- WEATHER The class will meet regardless of the weather conditions. If you are unsure where the class will meet, call 843-953-8257. Complications caused by the weather may also cause delays in ending that day's session as scheduled.
- E-MAIL You will check your e-mail the day before each class. This will serve as our chief means of communication for last minute changes, exceptions, quizzes, or other details that need your attention before the next meeting.
- SAFETY "Challenge by Choice" is observed during the activity sessions. It simply means that if you feel uneasy about participating in an activity or any part of that activity, for any reason, just say so. You will control the degree of challenge or risk that you will assume in completing any of the outdoor adventure activities.

Course Topics  
Spring 2014

PEHD 202 PROPOSED COURSE OUTLINE  
Laboratory Activities in Physical Education

January 9	Knots and Ropes	Meet in #146 Silcox
January 16	Challenge Course	Meet at the JICP climbing wall parking lot
January 23	Ultimate Frisbee	Meet at Campus Rec Services Field, Riverland Road
January 30	Bowling Class	Meet at Ashley Lanes, 1568 Sam Rittenberg Blvd
February 6	Football	Meet at Campus Rec Services Field, Riverland Road
February 13	Rock Climbing	Meet at the JICP climbing wall parking lot
February 20	Soccer Class	Meet at Campus Rec Services Field, Riverland Road
February 27	Orienteering	Meet at the Wando shelter at JICP
March 6	Spring Break	No class today.
March 13	High Ropes Course	Meet at the JICP climbing wall parking lot
March 20	Mountain Biking	Meet at Wannamaker Park in North Charleston
March 27	Archery	Meet at the JICP. Lot to be determined.
April 3	Coastal Kayak Trip	Meet at the Folly River boat landing
April 10	Disc Sports	Meet at the Park Circle disc course in North Charleston
April 17	Geocaching	Meet outside of the Silcox Gymnasium.
April 29	Final Exam	Noon – 3 p.m. Meet in #146 Silcox

**Directions to James Island County Park (5.5 miles from the CofC)**

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

At the gate house, tell them you are with 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.