COURSE DISCIPLINE :   KIN

COURSE NUMBER :   171

COURSE TITLE (FULL) :   Small Sports Teams Theory

COURSE TITLE (SHORT) :   Small Sports Teams Theory

ACADEMIC SENATE DISCIPLINE: Kinesiology

CATALOG DESCRIPTION

KIN 171 is designed for students who are interested in the theory of practice, competition and coaching for small sports teams. It covers theoretical practices in coaching sports with smaller teams or individual events, and may emphasize one or more of the following sports: badminton, basketball, cross-country, golf, tennis, track and field and volleyball. In addition to theory and philosophical principles, the course explores how to plan and implement practice and coaching strategies for recreational and competitive teams.

Total Lecture Units:2.00

Total Laboratory Units: 0.00

Total Course Units: 2.00

Total Lecture Hours:36.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 36.00

Total Out-of-Class Hours: 72.00

Prerequisite: None.

ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Recognize sports strategies;	Yes
2				show ability to follow verbal instructions and understand practice organization;	Yes
3				demonstrate conceptual understanding of sport skills;	Yes
4				use practice skills and strategies in game situations.	Yes

EXIT STANDARDS

1   Discuss the rules and regulations governing the different sports emphasized in this course;
2   analyze offensive strategies and fundamentals of the game as they apply to various situations;
3   analyze defensive strategies and fundamentals of the game as they apply to various situations;
4   apply different philosophies related to physical training and conditioning programs to each sport;
5   explain various coaching philosophies, techniques and strategies used for different age groups.

STUDENT LEARNING OUTCOMES

1   Identify skills and philosophies used to increase progression in small teams sports.
2   Apply and breakdown theories to execute game strategies.
3   Compare and contrast theories of competition at different age groups.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Small Team and Individual Sports • Badminton • Basketball • Cross Country • Golf • Tennis • Track and Field • Volleyball	3	0	3
2	Development of Sport and History • Rules and regulations • Support organizations • International vs. Collegiate • Youth participation	2	0	2

3	Offensive Skill Development and Philosophy • Youth • High School • Collegiate • Recreational	5	0	5
4	Defensive Skill Development and Philosophy • Youth • High School • Collegiate • Recreational	5	0	5
5	Theories of Physical Training • Aerobic programs • Weight training • Plyometric training • Conditioning as a consequence	5	0	5
6	Offensive Game Strategies and Theories • Youth • High School • Collegiate • Recreational	7	0	7
7	Defensive Game Strategies and Theories • Youth • High School • Collegiate • Recreational	7	0	7
8	Team Concepts • Mental framework • Coaching philosophy • Team philosophy	2	0	2
				36

OUT OF CLASS ASSIGNMENTS

1 written assignments (e.g. practice/game reflection)
2 weekly goal setting (e.g. goal setting worksheet)

METHODS OF EVALUATION

1   oral exams

2   written exams

3   skill-evaluation (e.g. video demonstration and analysis of sports skill)

METHODS OF INSTRUCTION

- ☑ Lecture
- ☐ Laboratory
- ☐ Studio
- ☑ Discussion
- ☑ Multimedia
- ☑ Tutorial
- ☑ Independent Study
- ☑ Collaboratory Learning
- ☑ Demonstration
- ☑ Field Activities (Trips)
- ☑ Guest Speakers
- ☑ Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Basketball Skills and Drills	Supplemental	Human Kinetics	3		Jerry V. Krause	9781492564102	2019
Instructor Generated Reading Materials	Required						