

## COURSE OUTLINE

### PHED1116 & PHED1117 – Physical Education Practical I & II

<http://www.nipissingu.ca/education/barbo/>

---

#### A. Academic Calendar Description

This course provides students with an opportunity to engage in a variety of physical activities (e.g. team and individual sports, dance, swimming, games and movement activities). Emphasis will be placed on movement analysis, skill development and varied pedagogical approaches. (PHED 1116 - 4 hours per week for first semester – 3 cr.; PHED 1117 – 4 hours per week for second semester – 3 cr.)

#### B. Introduction

These courses are designed to provide prospective physical education professionals the basic concepts, instructional strategies, and practical experience to prepare them for teaching others in a variety of settings.

#### C. Learning Expectations

- Demonstrate effective strategies and techniques appropriate for the instruction of a variety of physical activities in different settings (e.g. school, community, individual, club)
- Identify the rules, strategies, equipment, and safety procedures associated with participation in each physical activity
- Demonstrate minimum skill level by successfully performing skills associated with game play and/or individual participation
- Demonstrate the ability to analyse skills for the purpose of providing general feedback to various age groups
- Identify the cognitive, affective, psychomotor, and health-related benefits of each physical activity to justify their importance in a physically active lifestyle

#### D. Evaluation

Your instructors will use the following guideline to evaluate your progress. Each instructor will further define the course evaluation requirements during the first class for each sport/activity. Your overall mark for PHED 1116 and PHED 1117 will be determined by weighting each 6 week activity equally (Aquatics counts

twice). For example, the fall activities for PHED 1116 are soccer (25%), volleyball (25%) and aquatics (50%). Evaluation tasks will vary according to the requirements of each instructor. For example, you might be asked to do some peer instruction during class time, some assignments outside of regular class time, or a written test. It is expected that you will complete each evaluation task to the best of your ability.

<b>Course Component</b>	<b>Value</b>
Skill Development	20-30%
Practical Assignments	20-30%
Participation	20-30%
Theory	10-20%
<b>Total</b>	<b>100%</b>

#### **E. Assignments and Due Dates**

Each instructor will describe in detail the assignments and requirements for evaluation. It is expected that you will complete each of these tasks thoroughly and professionally. Instructors will also indicate if a hard copy is required, or if an electronic copy is sufficient. **PLEASE COMPLETE AND SUBMIT YOUR ASSIGNMENTS ON TIME!**

**Late Assignments – deduction of 10% per day.**

#### **F. Course Content**

The course content will be determined by each instructor. As the learning expectations suggest, you will be introduced to the rules, safety guidelines, skill performance sequences and theoretical concepts to prepare you to teach or coach that activity to others. Depending on the instructor, the particular approach will differ; some instructors may approach their activity from a coaching point of view, others from the point of view of a personal trainer, and still others from a teaching perspective. This will provide you with a very broad perspective in adapting your instruction to different audiences, and therefore better prepare you for any teaching situation as a physical education professional.

#### **G. Attendance & Professionalism**

Punctual and regular attendance is essential for the successful completion of this course. When absenteeism exceeds 20% the student may not receive credit for the course, unless medical documentation or other authorized documentation is received by the Faculty of Education. **If you know in advance that your absence is unavoidable, please contact the instructor! Take responsibility for your attendance!**

The Bachelor of Physical & Health Education program is a professional preparation program. Upon graduation you will possess the skills, attitudes and knowledge to become a leader in the field, assisting others to live healthy active lives. It is expected that you will behave in a professional manner in all that you do while at Nipissing University. You are ambassadors and positive role models on and off campus. Make every effort to represent Nipissing University, the BPHE program, and most importantly, yourselves, in a way that demonstrates your readiness to become a professional.

Professionalism means:

- Communicating with peers, professors and staff in positive, respectful manner
- Taking responsibility for your actions and your academic work (please refer to the course calendar for Nipissing's policy on academic dishonesty at [www.nipissingu.ca/calendar/studentpolicies\\_academicdishonesty.asp](http://www.nipissingu.ca/calendar/studentpolicies_academicdishonesty.asp))
- Refraining from the use of electronic communication devices during class (unrelated to course content)
- Respecting and considering the views and opinions of others
- Actively participating in all scheduled classes

## **H. Resources & Equipment**

### **Required Textbooks:**

***Individual instructors will provide you with information about purchasing course packs or textbooks.***

### **Recommended Books:**

Byl, John. (1999). *Organizing Successful Tournaments, 2<sup>nd</sup> Edition*. Champaign, IL : Human Kinetics.

**Nipissing Library Call Number: GV713 .B95**

Griffin, L.L., Mitchell, S.A., & Oslin, J.L. (1997) *Teaching Sports Concepts and Skills: A Tactical Approach*. Champaign, IL: Human Kinetics Books.

**Nipissing Library Call Number: GV361 .G64**

Mood, D., Musker, F.F., & Rink, J.E. (1987). *Sports and recreational activities for men and women, 9<sup>th</sup> Edition*. St. Louis: Time Mirror/Mosby College Pub.

**Nipissing Library Call Number: GV704.M66**

Philipp, J.A. & Wilkerson, J.D. (1990). *Teaching Team Sports: A Coeducational Approach*. Champaign, IL: Human Kinetics Books.

**Nipissing Library Call Number: GV365.P48**

Siedentop, D. (1991). *Developing Teaching Skills in Physical Education, 3<sup>rd</sup> Edition*. Mountainview, CA: Mayfield Publishing Company.

**Nipissing University Call Number: GV363.S5**

**NOTE: The Nipissing Library has hundreds of other sport-specific books!**  
**Recommended Websites:**

<http://www.sportsknowhow.com/index.html> - Field and Court Dimensions, History, Rules and How To Information for a variety of sports

<http://www.pecentral.org/> - This site provides the latest information about developmentally appropriate physical education programs for children and youth, including lesson plan ideas, adaptive PE, equipment, etc.

[www.humankinetics.com](http://www.humankinetics.com) – leading publisher of PE related resources (books, videos, CD's, posters, Fitness Kits, etc.)

<http://www.mohawkcollege.ca/external/cira/template/index.html> - CIRA Ontario is an incorporated, non-profit organization whose mission is to encourage, promote and develop active living, healthy lifestyles and personal growth, through intramural and recreational programs within the education and recreation communities.

<http://www.specialolympics.org> – Special Olympics website featuring sports rules, coaching guides, and volunteer opportunities.

<http://www.coach.ca/> - Coaching Association of Canada, which includes certification information (NCCP) and coaching resources.

<http://www.coachesontario.ca/> - Coaches Association of Ontario providing coaching resources and development in Ontario with links to NCCP.

### **Equipment:**

Equipment will be supplied for all activities, however: it is **YOUR** responsibility to take care of your personal safety when participating in any activity. This may include the wearing of mouth guards (**recommended for basketball and soccer**) and safety goggles (**strongly recommended for badminton**). Safety goggles will be available for your use during badminton, please wear them!!!

### **I. Instructor List and Course Schedule**

You are expected to attend one morning and one evening session per week for the whole year. Please arrive at the identified location in enough time to get changed into appropriate clothing so that the class can begin at the designated time. You will be **expected to find your own transportation** to the YMCA and Widdifield Secondary School. Addresses are listed below, and city transit buses travel on these routes regularly. For bus schedules, please visit <http://www.cityofnorthbay.ca/cityhall/department/transit/schedules.asp>

**YMCA**  
 186 Chippewa Street W.  
 497-9622

**Widdifield Secondary School**  
 320 Ski Club Road  
 474-5711

With the exception of Aquatics and Dance (or when otherwise indicated), all other activities will take place at the Surtees gym or on the field adjacent to the gym. Instructor contact information is as follows:

<b>Name</b>	<b>Activity</b>	<b>Email</b>	<b>Phone</b>
Vito Castiglione	Soccer	<a href="mailto:vitoc@nipissingu.ca">vitoc@nipissingu.ca</a>	Ext. 4249 (Surtees)
John Jeffries	Volleyball	<a href="mailto:vbduckhunter@hotmail.com">vbduckhunter@hotmail.com</a>	
Marg McDiarmid	Dance	<a href="mailto:mcdiarmidm@nearnorthschools.ca">mcdiarmidm@nearnorthschools.ca</a>	474-5711
YMCA Shawna Perkins	Aquatics	<a href="mailto:shawna_perkins@ymca.ca">shawna_perkins@ymca.ca</a>	497-9622 Ext. 228
Tom Martineau Cathy Payne	Basketball	<a href="mailto:martineaut@nearnorthschools.ca">martineaut@nearnorthschools.ca</a> <a href="mailto:payne.85ster@gmail.com">payne.85ster@gmail.com</a>	N/A
Brent Pigott	Badminton	<a href="mailto:bepigott@sympatico.ca">bepigott@sympatico.ca</a>	N/A

**SESSIONAL DATES:**

**Fall Term:**

**Weeks 1-6: September 14 – October 28 (October 12-16 Study Week)**

**Weeks 7-12: November 2 – December 9**

**Winter Term:**

**Weeks 1-6: January 4- February 10 (February 15–19 Study Week)**

**Weeks 7-12: February 22 – March 31**

## Activity Schedule

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
<b>FALL TERM</b>												
<b>8:30-10:30 AM</b> (M,T, or W)	<b>SOCCER – Level I</b> Surtees Gym / Field (Vito Castiglione)						<b>VOLLEYBALL - Level I</b> Surtees Gym (John Jeffries)					
<b>8:00-10:00 PM</b> (M,T, or W)	<b>AQUATICS – Y.M.C.A</b> (YMCA Instructors)											
<b>WINTER TERM</b>												
<b>8:30-10:30 AM</b> (M,T, or W)	<b>BADMINTON – Level I</b> Surtees Gym (Brent Pigott)						<b>FUNDAMENTAL MOVEMENT</b> A117 (T.B.A.)					
<b>6:30-9:30 PM</b> (M,T, or W)	<b>DANCE – Level I</b> WSS (Marg McDiarmid)						<b>BASKETBALL - Level I</b> Surtees Gym (Tom Martineau or Cathy Payne)					

**If you have any questions or concerns about your participation or progress in this course, please contact me! My contact information is at the top of this document. Barbara Olmsted**