

**PED220: Team Sports Fundamentals and Strategies**  
**Kinesiology Department: 2 units**  
**Fall 2018**

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| <b>Professor</b> | Alisa Ward<br><a href="mailto:AlisaWard@pointloma.edu">AlisaWard@pointloma.edu</a><br>619.849.2557 | Tuesdays & Thursdays<br>9:30-10:45am<br>Meet in K2, Golden Gymnasium and/or Soccer Field |
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**PLNU Mission: To Teach—To Shape—To Send—**Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**Course Description--**Development and practical application of skills, play, and strategy of team sports from participation and coaching perspectives. Content includes baseball/softball, basketball, football, soccer, volleyball. In addition to play, students will study coaching philosophies, tactical and technical instruction, game management, and understanding game officiating.

This course is a companion of PED 350: Foundations of Coaching.

**Course Learning Outcomes--**

- Each student will understand how to teach general offensive, defensive team strategies of various sports.
- Each student will learn a glossary of terms associated with various sports.
- Each student will be able to perform fundamental skills in individual, team and competitive settings.
- Each student will understand/demonstrate teaching techniques/strategies necessary to meet the needs of student-athletes on a scholastic team.
- Each student will understand trends in the coaching profession

**Course Credit Hour Information—**In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a two unit class delivered over one semester. Specific details about how the class meets the credit hour requirements can be provided upon request.

**Textbook--**No Text Book required for this class.

**Course Requirements and Expectations--**

- Attendance is the top component necessary for learning to take place, and will be tracked each meeting.
- This course is a combination of lecture, discussion, and activity. Students unable to physically participate for any reason must attend class and learn and be as involved as possible. Prolonged non-participation will result in extra, out-of-class assignments.

- Come to every class dressed in athletic gear, ready to participate in all activities.
- Outside of class assignments are a valuable component of this course. Be prepared to network with coaches on and off campus.

**Evaluation**--Please be aware of when your individual assignments are due.

**1. Attendance & Participation (150 points total)**

- Attendance: Roll is taken daily. Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10% of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20%, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog. After two missed classes (excused or not), your grade will drop five points per absence. Three tardies will count as one absence. Please do not be late.
- Participation is a vital in this class as each of you must coach the class. You will be asked to participate in class discussions and in class activities. Please come dressed to workout unless the semester schedule specifically says "lecture" or "presentations." Points will be deducted for not dressing in appropriate clothing.

**2. Assignments (350 points total)** Refer to the semester schedule for assignment due dates and see Canvas for instructions and rubrics for each assignment.

- Student Led Team Building (TB) Activity (25 points)
- Student Led Practice (*or Independent Assignment*) (75 points)
  - Independent Assignment (PE students): 5 ALs (25 points) + Life Application Writing Assignment (50 points)
- Summary of Coaching (*or Activity/Athletic*) Experience (25 points)
- Interview PLNU Coach (75 points)
- Attend a Practice (50 points)
- Final Exam (50 points)
- Coaching (*or Life*) Philosophy (50 points)

**Grading Scale—500 points**

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|----|---------|----|--------------|
| A  | 465-500 | C  | 365-384      |
| A- | 450-464 | C- | 350-364      |
| B+ | 435-449 | D+ | 335-349      |
| B  | 415-434 | D  | 315-334      |
| B- | 400-414 | D- | 300-314      |
| C+ | 385-399 | F  | 299 or lower |

**Late assignments are not allowed.**

**PLNU Academic Accommodations Policy**—If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

**Attendance and Participation**—Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent more than 10% of class-meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20%, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog.

**PLNU Academic Honesty Policy**—Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

**Final Examination Policy**—We will observe the PLNU academic calendar. Please consult the Academic Calendar prior to making travel plans. Successful completion of this class requires taking the final examination on its scheduled day. The final examination for this class will be held at your regular class time on Tuesday, December 15<sup>th</sup>. No requests for early examinations or alternative days will be approved.

**PLNU Copyright Policy**—Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any of those materials outside the class may violate the law.