

Instructor: Mrs. Ilse Mason, M.Ed
Class Meeting: MWF 9:05-9:55
E-mail: isannen@uga.edu
Class Sessions: First 5 weeks: Golf @ UGA golf course (by Dr. P. Schempp)
Last 10 weeks: Track and Field @ UGA track and Gymnastics @ Gym West

Office: 369 Ramsey Center
Office Hours: by appointment
Phone: 706-542-4383

Course Objectives:

Upon completion of this course, students will be able to:

- ♣ 1. Understand physical education content and disciplinary concepts (of individual sports) related to the development of a physical educated person (NASPE Standard 1)
 - Identify critical elements of motor skill performance and combine them into appropriate sequences (NASPE Standard 1.1)
 - Demonstrate competent motor skill performance in a variety of physical activities (NASPE Standard 1.2)
 - Describe performance concepts and strategies related to skillful movement and physical activity (NASPE Standard 1.3)
- ♣ 2. Understand how individuals learn and develop and can provide opportunities that support their physical, cognitive, social, and emotional development (NASPE Standard 2)
 - Monitor individual and group performance in order to design safe instruction that meets students developmental needs in the physical, cognitive, social, and emotional domains (NASPE Standard 2.1)
 - Identify, select, and implement appropriate learning/practice opportunities based on understanding the student, the learning environment, and the task (NASPE Standard 2.2)
- ♣ 3. Understand how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences (NASPE Standard 3)
 - Identify, select, and implement appropriate instruction that is sensitive to students' strengths/weaknesses, multiple needs, learning styles, and prior experiences (e.g. cultural, personal, family, community) (NASPE Standard 3.1)
- ♣ 4. Use an understanding of individual and group motivation and behavior to create a safe learning environment that encourages positive social interaction, active engagement in learning, and self-motivation (NASPE Standard 4)
 - Effectively use managerial routines, organize, allocate, and manage resources (NASPE Standards 4.1, 4.2)
- ♣ 5. Use the knowledge of effective verbal, nonverbal, and media communication techniques to enhance learning and engagement in physical activity setting (NASPE Standard 5)
 - Describe and demonstrate effective communication skills (NASPE Standard 5.1)
- ♣ 6. Plan and implement a variety of developmentally appropriate instruction strategies to develop physically educated individuals, based on state and national (NASPE K-12) standards (NASPE Standard 6)
 - Identify, develop, and implement appropriate program and instructional goals (NASPE Standard 6.1)
 - Select and implement learning experiences that are safe, appropriate, relevant, and based on principles of effective instruction (NASPE Standard 6.4)
 - Use effective demonstrations and explanations to link physical activity concepts to appropriate learning experiences (NASPE Standard 6.8)
 - Develop and use appropriate instructional cues and prompts to facilitate competent motor skill performance (NASPE Standard 6.9)
- ♣ 7. Be reflective practitioners who evaluate the effects of their actions on others and seek opportunities to grow professionally (NASPE Standard 8)
 - Use a reflective cycle involving description of teaching, justification of teaching performance, critique of the teaching performance, the setting of teaching goals, and implementation of change, and use available resources (NASPE Standard 8.1, 8.2)
 - Construct a plan for continued professional growth based on the assessment of personal teaching performance (NASPE Standard 8.3)
- ♣ 8. Use information technology to enhance learning and to enhance personal and professional productivity (NASPE Standard 9)
 - Use technologies to communicate, network, locate resources, and enhance continuing professional development (NASPE Standard 9.3)

Attendance and Participation Policy:

Student participation is essential to the learning process. Regular attendance and class participation are required and an important factor in the student's final and overall grade for the course. **Two tardies equal one absence.** Tardies and absences will affect your points on attendance and participation for that section. **An OVERALL of THREE absences in the class will result in a deduction of one overall letter grade (10 pts) and an additional 10 pts for each absence thereafter. Five absences will result in a failure.** Exceptions to this policy due to extreme unusual circumstances and make-up options can be discussed *prior* with the instructor. YOU ARE NOT ALLOWED TO MISS DAYS IN WHICH YOU ARE TO TEACH. THIS WILL RESULT IN LOWERING YOUR GRADE ONE LETTER.

Proper and professional attire:

As a professional in training you are expected to dress accordingly. Students should come prepared to participate in track and field under rainy conditions or on a wet surface. In case of rain, class will be dismissed earlier, to allow for time to change for the next class). For the gymnastics section, students will participate on socks or bare feet.

Required Textbooks:

Hanlon (2004). The Sports Rule Book: Essential Rules for 54 Sports (2nd Ed.). Human Kinetics: Champaign, IL.
Carr, G. (1999). Fundamentals of track and field (2nd ed.). Human Kinetics: Champaign, IL.
Mitchell (2002). Teaching FUNDamental Gymnastics Skills. Human Kinetics: Champaign, IL.

Grading:

	Points
Golf	100
Track and Field	100
Gymnastics	<u>100</u>
Total	300

A = 4.0	300-285.1
A- = 3.7	285-270
B+ = 3.3	269.9-260.1
B = 3.0	260-250.1
B- = 2.7	250-240
C+ = 2.3	239.9-230.1
C = 2.0	230-220.1
C- = 1.7	220-210
D = 1.0	210-200
F = 0.0	<200

Golf– See Dr. Schempp's Syllabus

Track and Field

Instruction/Team teach/Plan	20%
Attendance <u>and</u> Participation	20%
Track Meet Project	15%
Written test	25%
Project Assignment	10%
<u>Skill performance</u>	<u>10%</u>
	100%

Gymnastics:

Observation of gymnastics/Paper	15%
Attendance <u>and</u> Participation	20%
Written Test	25%
Project Assignment	10%
Spotting	20%
<u>Skill Test</u>	<u>15%</u>
	100%

KINS 3210 – TEACHING METHODS OF INDIV ACTIVITIES I – FALL 2008

Day	Date	Content	Assignments/Projects/Tests
M	08/18	Meet with Dr. Schempp	UGA Golf Course
W	08/20	No Golf	
F	08/22	Golf 2 HR (8:00-8:50 & 9:05-9:55)	
M	08/25	No Golf	
W	08/27	Golf 2 HR (8:00-8:50 & 9:05-9:55)	
F	08/29	No Golf	
M	09/01	LABOR DAY	
W	09/03	Golf 2 HR (8:00-8:50 & 9:05-9:55)	
F	09/05	No Golf	
M	09/08	Golf 2 HR (8:00-8:50 & 9:05-9:55)	
W	09/10	No Golf	
F	09/12	Golf 2 HR (8:00-8:50 & 9:05-9:55)	
M	09/15	No Golf	
W	09/17	Golf 2 HR (8:00-8:50 & 9:05-9:55)	
F	09/19	Golf 1 HR (9:05-9:55)	

Track and Field will meet at 8:00 on UGA Spec Track BEFORE Team Handball

M	09/22	Track and Field: Introduction of Cooperative Learning	UGA Spec Track at 8:00
W	09/24	Track and Field: Sprints	
F	09/26	Track and Field: Long Distance	
M	09/29	Track and Field: Long Jump	
W	10/01	Track and Field: Discus	
F	10/03	Track and Field: Hurdles	
M	10/06	Track and Field: High Jump	
W	10/08	Track and Field: Shot Put	
F	10/10	Track and Field: Hammer throw	
M	10/13	Track and Field: Triple Jump	
W	10/15	Track and Field: Track Meet Preparation	Classroom Assignment # 1 DUE
F	10/17	Track and Field: Practice Day	UGA Spec Track
M	10/20	Track and Field: Track Meet	
W	10/22	Track and Field: Track Meet	
F	10/24	Track and Field: Extra (rain) Meet day/ Written Test	

Gymnastics will meet AFTER Basketball at 9:05 in Gym West

M	10/27	Gymnastics: Balancing	Gym West at 9:05
W	10/29	Gymnastics: Rolling	
F	10/31	FALL BREAK	
M	11/03	Gymnastics: Spotting	
W	11/05	Gymnastics: Handstands	
F	11/07	Gymnastics: Cartwheels	
M	11/10	Gymnastics: Cartwheel, Round off	
W	11/12	Gymnastics: Walkovers	
F	11/14	Gymnastics: Peer teaching	
M	11/17	Gymnastics: Peer teaching	
W	11/19	Gymnastics: Stunting	
F	11/21	Gymnastics: Stunting	Assignment # 2 DUE
M	11/24	THANKSGIVING BREAK	
W	11/26	THANKSGIVING BREAK	
F	11/28	THANKSGIVING BREAK	
M	12/01	Gymnastics: Review, Practice	
W	12/03	Gymnastics: Skill Performance , Develop Routine	
F	12/05	Gymnastics: Skill Performance , Finalize Routine	
M	12/08	Gymnastics: Written test	
W	12/09	Gymnastics: Performance of Final Routine	UGA Gym Dogs Practice Facility
		Finals	