SUGGESTED EQUIPMENT

Dress out for swimming, volleyball, football.
We provide swimming goggles bring your own if you desire

Locker fees $25.00.

REQUIRED TEXT BOOKS


Suggested Text Books

American Red Cross Swimming & Diving
Purchase at American Red Cross in Logan

COURSE REQUIREMENTS

1. Swim 2 lengths of the pool.
2. $15.00 Lab fee is required to purchase footballs, pennies, flags, equipment bags, volleyballs, and fins and kick boards etc.

Students who feel they have been unfairly treated [in matters other than (i) discipline or (ii) admission, residency, employment, traffic, and parking – which are address by procedures separate and independent from the Student Code] may file grievance through the channels and procedures described in the Student Code: Article VII. Grievances, pp. 25-30. [http://studentlife.tsc.usu.edu/stuserv/pdf/student_code.pdf]

DISABILITIES

Students with disabilities are encouraged to discuss their needs with the instructor, preferably during the first week of the quarter. Reasonable accommodation will be provided for all persons with disabilities to ensure equal participation within the program.”
Class Attendance / Participation
Participation is critical in a fundamental class to develop skills and learn to perform a good skill analysis thus:

2 ABSENCES ARE PERMITTED AFTER 2 ABSENCES 10 POINTS WILL BE DEDUCTED FOR EACH ABSENCE (EXCEPTION IF YOU ARE ON A UNIVERSITY SPONSORED TRIP).

Swimming OBJECTIVES

This course covers is designed to familiarize students with many aspects of the aquatic environment, particular safety, survival, hydrodynamic principles, strokes mechanics, basic swimming skills, training techniques, and water games.

1. Eight swimming strokes, swimming skills, diving, fitness activities and strokes tests.

   Assessments: Each student will take a skill test on 4 of 8 strokes), swimming skills, diving, and fitness tests.

2. Each student will practice and learn a variety of aquatic activities. Each student should feel comfortable to develop a aquatic's curriculum for their school and to be able to teach and implement these swimming strokes, skills, fitness and water activities into their curriculum.

   Assessments: Mastery skills card of skills

SWIMMING STROKES

   Front crawl with breathing
   Elementary backstroke
   Sidestroke
   Backstroke
   Breaststroke optional

SWIMMING SKILLS

   HYDRODYNAMIC PRINCIPLES
   Treading water
   Starts and turns
   Surface dives
   Changing directions
Diving

Diving progressions
1. Land dive
2. 3 meter Board (3 step approach with feet first entry)

Fitness Tests
1/2 mile swim / 1 mile swim
Log for 3 miles

Swimming Evaluation

Skill Performance

• Each student will be evaluated during the last week of class on their choice of 4 strokes. Front crawl, backstroke, elementary backstroke, sidestroke, breaststroke, or butterfly.

10 points for each stroke = 40 points

I will subjectively evaluate each student on each stroke.
Scale 1-10 points.

Diving

Student will be able to dive from edge of pool 5 points
3 step approach feet first entry from diving board 5 points

Physical Fitness Testing

1. 1/2 - 1 mile swim 20 points

The student will also complete the distance of 1/2 mile, 3/4 mile, or 1 mile swim. Depending on the fitness level the student comes in with.

2. 3 to 10 Miles Homework 30 points

Complete 3 to 10 miles outside of class. Write a detailed log on your swimming activity and turn into me the last day of class.
Basic Skills

1. Tread water 20 points
   12 minutes hands below water

2. Turns 5 points
   Front Crawl

3. Surface dives 10 points
   Feet first / Tuck or pike

Swimming Evaluation

4 strokes 40 points
Surface dives 5 points
Turns 5 points
Diving 10 points
Tread water 12 minutes 20 points
1/2 - 1 mile swim in class 20 points
3 miles-5 miles homework 30 points
130 points

Volleyball

Volleyball Objectives

1. To have student practice the following skills forearm pass, serve, spike, overhead pass, set, block, and defensive skills.

   Assessment: Skills test during tournament play.

2. To have students feel comfortable playing volleyball by giving them a variety of game like drills, cues for the skills, teaching progressions for skills and drill, conditioning drills, warm-up, scoring and strategies.

   Assessment: Student will take a midterm.

3. To have students play 4 volleyball games.

   Assessment: Student will earn points by participating and playing in the 4 games.

   Assessment: Play it in the tournament games.
**Volleyball Skills Tests in Game Play**

<table>
<thead>
<tr>
<th>Skill</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serve</td>
<td>10</td>
</tr>
<tr>
<td>For arm pass</td>
<td>10</td>
</tr>
<tr>
<td>Set</td>
<td>10</td>
</tr>
<tr>
<td>Spiking</td>
<td>10</td>
</tr>
</tbody>
</table>

40 points

**Volleyball Game Play**

Students will play in 4 games and be rated subjectively by the instructor on their skills.

10 points for each game a student plays in.

40 points

**Volleyball Grades Summary**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills test</td>
<td>40</td>
</tr>
<tr>
<td>Game play</td>
<td>40</td>
</tr>
</tbody>
</table>

80 points

**Football**

**Football Objectives**

1. To have student practice throwing, catching, receiving, ball carrying, running patterns, punting, kicking, blocking, hiking, centering, defense: run man to man, zone, hatchet, scoring and rules unique to flag football.

2. To have student play 4 flag football games

3. To have students design plays.

**Football Ball Skills Tests in Game Play**

<table>
<thead>
<tr>
<th>Skill</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Throwing</td>
<td>10</td>
</tr>
<tr>
<td>Receiving</td>
<td>10</td>
</tr>
<tr>
<td>Punting</td>
<td>10</td>
</tr>
<tr>
<td>Running patterns</td>
<td>30</td>
</tr>
</tbody>
</table>

60 points

**Football Game Play**

Students will play in 4 games

10 points for each game played.

40 points
Football Grades Summary

Skills test 60 points
Game play 40 points
100 points

Indoor hybrid

Play 2 games = 20 points

Exam

Type a 60 point exam

20 questions on football
20 questions on swimming
20 question on volleyball
20 questions on indoor hybrid ball

Each question must have one specific answer
Each question has to have the answer with it. No answer sheets
Must have directions for each section
Must be typed professionally as if giving to a class
Multiple choice, matching, true false and short essay (no fill in the blanks question)

1st draft due Tuesday Sept 7
Final test due Tuesday Sept 14

Grading
Exam 80 POINTS
VOLLEYBALL 80 POINTS
FOOTBALL 100 POINTS
SWIMMING 140 POINTS
Indoor hybrid 20
420 POINTS

GRADING

A 96%
A - 90%
B+ 87%
B 84%
B- 80%
C+ 77%
C 74%
C- 70%
## Football

### Week 1 Aug

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>26</td>
<td>Supportive climate / Syllabus</td>
</tr>
<tr>
<td>Thur</td>
<td>28</td>
<td>Throwing/ Catching / Hiking / Punting</td>
</tr>
</tbody>
</table>

### Week 2 Sept

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>2</td>
<td>Throwing play patterns Philadelphia football</td>
</tr>
<tr>
<td>Thur</td>
<td>4</td>
<td>Running patterns / Ball carrying technique/ centering Phil football</td>
</tr>
</tbody>
</table>

### Week 3 Sept

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>9</td>
<td>Handoffs / Blocking / Plays 3 on 3</td>
</tr>
<tr>
<td>Thur</td>
<td>11</td>
<td>Punting / Place kicking / Plays 3 on 3</td>
</tr>
</tbody>
</table>

### Week 4 Sep

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>16</td>
<td>Games 4 on 4</td>
</tr>
<tr>
<td>Thurs</td>
<td>18</td>
<td>Scrimmage games 3 games 20 minute games</td>
</tr>
</tbody>
</table>

## New Sports

### Week 5 Sept

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>23</td>
<td>Indoor hybrid ball rules and drills game</td>
</tr>
<tr>
<td>Thur</td>
<td>25</td>
<td>Indoor Hybrid game</td>
</tr>
</tbody>
</table>

### Week 6 Oct

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>30</td>
<td>Forearm Pass / Overhead pass / Serve drills</td>
</tr>
</tbody>
</table>

## Volleyball

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur</td>
<td>2</td>
<td>Forearm Pass / Overhead pass / Serve drills</td>
</tr>
</tbody>
</table>

### Week 7 Oct

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>7</td>
<td>Spike / Queens court Dig’s - review spikes</td>
</tr>
<tr>
<td>Thur</td>
<td>9</td>
<td>Setter signal with spike queen court with setter</td>
</tr>
</tbody>
</table>
**Week 8 Oct**

Tue 14  Block / games 3 on 3

Thur 16  No Class    Attend Friday classes Fall Break

**Week 9 Oct**

Tue 21  Games 4 on 4        4 – 15 minute games

Thurs 23  Games 4 on 4        4 - 15 minute games (setter)

**Week 10 Nov**

Tue 28  Games 4 on 4        4 - 15 minute games (setter)

Thur 30  Games 4 on 4        4 - 15 minute games (setter)

**Swimming**

Tue 4  Front crawl / Back crawl

Thur 6  Elementary backstroke / Treading water

**Week 12 Nov**

Tue 11  Side stroke / Surface dives

Thur 13  Review elementary back / side strokes / turns

**Week 13 Nov**

Tue 18  Breaststroke / Turns

Thur 20  Diving
<table>
<thead>
<tr>
<th>Week 14  Nov</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 25</td>
<td>Diving</td>
</tr>
<tr>
<td>Thur 27</td>
<td>No Class Thanksgiving Break</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 15  Dec</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 2</td>
<td>Test on 4 swimming strokes</td>
</tr>
<tr>
<td>Thur 4</td>
<td>Test on 1/2 mile endurance swim / turns/ surface dives</td>
</tr>
</tbody>
</table>