

Course discipline/number/title: PHED 1145: Individual Leisure Sports

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is designed for students to develop skills relating to sports that are more family, social or designed for recreational competition. These sports: table tennis, horseshoes, disc golf, badminton, pickleball and bocce ball are competitive yet are activities that will provide opportunities for students to learn now, develop through practice and participation, yet to be involved with throughout their lifetime.

C. DATE LAST REVISED (Month, year): December, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Field, Court, Course Regulations as related to specific sport. Rules of play, specific to activity
2. Scoring practices specific to activity
3. Strategies specific to individual's activity based on personal performance, and how that performance will enhance the team's outcome
4. Strategy specific to performance from offensive attack or as defensive tactics, how these concepts are applied during the game and specific to the situation
5. Application of critical thinking for performance of both skill and strategy as is required by a game situation
6. Stress management skills and application of focused discipline as individuals work toward a common goal of handling positive competitive pressure situations, and extending good sportsmanship while retaining the integrity of recreational sport at any level

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate knowledge specific to the history of given activity. Demonstrate knowledge of rules and their application of specific activities.
2. Demonstrate knowledge of scoring systems as they relate to the specific activity.
3. Demonstrate application of strategies as they relate to specific activity.
4. Demonstrate variety of specific skills as they relate to offense of activity. Demonstrate variety of specific skills as they relate to defense of activity.
5. Demonstrate and apply good sportsmanship and a willingness to work as an individual and in a team effort as required by certain activities utilizing group scoring or partner/doubles competition.

(All of these will be applied in each specific activity of table tennis, horseshoes, disc golf, badminton, pickleball and bocce ball).

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Written Assignments
3. Quizzes
4. Skills Tests - Performance of skills, on command as they pertain to specific activities
5. Written Exams

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None