

Course discipline/number/title: PHED 1146: Recreational Team 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: team handball, floor hockey, ultimate Frisbee, soccer, flag football and kickball can be performed as family activities or in a competitive amateur setting. This course is designed to expose students to opportunities for learning through practice and participation, to develop team sport skills, continue to be active physically and enjoy the social aspects of team sports throughout their lifetime.

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

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Field, Court, Course Dimensions and Regulations as related to specific sport, in specific settings as they pertain to the level of competition. E.g. (skill, age, gender)
2. Rules of play, specific to activity, as it relates to the level (skill, age gender) of competition as a recreational sport.
3. Scoring practices specific to activity it relates to the level (skill, age, gender) of competition as a recreational sport.
4. Strategies specific to Individual's activity based on personal performance, and how that performance will enhance the team's outcome.
5. Strategy specific to performance from offensive attack or as defensive tactics, how these concepts are applied during the game and specific to the situation
6. Application of both skill and strategy and how individuals work toward a common goal of handling team 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 history of any of the activities addressed.
2. Demonstrate knowledge of rules and their application of specific activities and within their specific levels of competition.
3. Demonstrate knowledge of scoring systems as they relate to specific activity and within their specific levels of competition.
4. Demonstrate application of strategies as they relate to specific activity and within their specific levels of competition.
5. Demonstrate variety of specific skills as they relate to offense of activity.
6. Demonstrate variety of specific skills as they relate to defense of activity.
7. All of these specific points will be applied in each activity: team handball, floor hockey, ultimate Frisbee, soccer, flag football and kickball
8. Demonstrate and apply good sportsmanship and a willingness to work in a team effort.

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. Skills Tests within the scope of each recreational activity
4. Quizzes within the scope of each recreational activity
5. Written Exam within the scope of each recreational activity

- 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