

### Course Syllabus

#### Course Description

This course provides students with an overview of group sports. Students learn about a variety of sports and do an in-depth study of baseball/softball, and volleyball. Students learn the history, rules, and guidelines of each sport, as well as practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre- and post-fitness assessment, as well as participate in weekly physical activity.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Unit 1: Getting Started**
  - 1.1 Fitness Assessment & Analysis
  - 1.2 Getting Started
- **Unit 2: Sports Culture**
  - 2.1 Sports History & Culture
  - 2.2 Sportsmanship
- **Unit 3: Nutrition & Water Sports**
  - 3.1 Nutrition & Drugs
  - 3.2 Water Sports
- **Unit 4: Baseball/Softball**
  - 4.1 Baseball/Softball Game Play
  - 4.2 Baseball History & Hand Signs
  - 4.3 Baseball Skills I
  - 4.4 Baseball Skills II
- **Unit 5: Volleyball**
  - 5.1 Volleyball Guidelines & Game Play
  - 5.2 Volleyball History & Hand Signs
  - 5.3 Volleyball Skills I
  - 5.4 Volleyball Skills 2
- **Unit 6: Post Assessment**
  - 6.1 Post Assessment

Within each section you will find the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lesson(s) about the section topic
3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle\***—class discussion on an assigned topic
5. **Assignment/Skill\***—section assignment
6. **Quiz\***—assessment of lesson comprehension
7. **Fitness Log\***—a record of your workout sessions for each week

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The items noted with an asterisk above are those that must be submitted for a grade. The "Course Introduction" section has more detailed information about the specific tasks for this course.

### Exercise Requirements

Although this is an online course, the exercise requirements are anything but virtual! Please read through the instructions and documents on the **Exercise Requirements** page before beginning this course. Contact your instructor if you have any questions about the requirements.

You will also have four skills sections throughout this course in which you will focus on learning specific sport-based skills.

### Assignments and Grading

Each section of this course is designed to be completed in about one week's time for a 16-18 week course. If you have less time to complete this course, you may need to move through each section at a faster pace.

Please see the detailed schedule or consult with your instructor for more information on points possible and due dates.

Parent or supervising adult verification of the Weekly Fitness Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the adult verification is not submitted.

**\*\*Parent verification of the Weekly Fitness Logs is required** every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the parent verification is not submitted.

### Recommended Materials

There are no required materials or equipment for this course. However, the following equipment may be helpful. These products are available at <http://www.caronefitness.com/products2.html>.

- Various Sports Equipment
- Heart Rate Monitor
- MOVband
- Resistance Band

### Technical Requirements

In order to view all of the elements of this course, you will want to make sure your computer or device has the recommended programs or plug-ins installed. All of these programs can be downloaded for free at the sites listed below.

### Viewing Course Pages:

Some pages may require that you "enable Active X controls" or "Allow Blocked Content." If you are viewing the course and asked for either of these options, click "Yes"

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or "Allow." You will also need to "Enable Pop-ups" to view some elements of this course.

### Viewing Lessons:

There are multiple lessons available in each section. These lessons are required for you to view and contain necessary information to complete your quizzes and assignments. For your convenience, there are three versions of each lesson available.

- The Flash version is ideal for viewing on computers and some tablet devices. A Flash Player is required, <http://get.adobe.com/flashplayer/>.
- The MP4 version is ideal for viewing on ipad/iphone, ipod touch, and some tablet devices and smartphones. A video player, such as QuickTime, is required, <http://get.adobe.com/reader/>.
- The PDF version can be viewed on most devices and is great for reviewing, printing, or for students with limited Internet connection. A PDF reader, such as Adobe Reader, is required, <http://get.adobe.com/reader/>.

### Completing Assignments:

Many assignments require a word processing application. Most assignments are currently provided as Rich Text Format (RTF), so they can be opened in various word-processing applications. If you do not have a word-processing program, such as Microsoft Word, it is recommended that you download OpenOffice, a free download that includes programs similar to Word, PowerPoint, and Excel, <http://www.openoffice.org/download/>.