



Course Outline
KNES 201: Activity: Essence & Experience
SPRING 2012

Instructor: Brad Kilb – Volleyball Dave Paskevich, Ph.D. - Soccer	Room: Gold Gym
Phone: 403 220-7350 403 220-3434	Days: Monday, Tuesday Wednesday, Thursday
Email: kilb@ucalgary.ca dpaskevi@ucalgary.ca	Time: 11:00 am – 12:50 pm
Office: KNB 270 KNB 267	Course Website: Blackboard
Office Hours: Drop-in or by appointment	Dates: May 9 – June 22

Course Description:

Experience in various activities and movement patterns and the study of the fundamental factors that influence the activities we choose and the way we move.

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or by appointment. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his expectations about emails.

Additional Course Information:

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) **prior to** participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

COURSE OBJECTIVES: Students will:

1. Develop a general knowledge base and appreciation for the multi-disciplinary nature of human movement.
2. Be able to identify, analyze, and critique the underlying components or concepts of movements encompassed within selected physical activities.
3. Actively participate in various movement activities, drills and games in the selected physical activity labs.
4. Demonstrate knowledge base of movement components and principles through a final term paper and a final term examination.

COURSE FORMAT

The course content will be primarily covered in the class lectures with additional information gained through guest presenters, videos, readings and discussions with the instructor.

COURSE EVALUATION: (Requirements are discussed in each respective Lab section):

- **Volleyball Lab** (May 24 – May 31) **35%**
- **Soccer Lab** (June 4 -21) **35%**
- **Exam #1** (June 12) **20%**
- **Warm-up & Intro Drills** (May 10-June 20) **10%**

Warm-up & intro drills: Each student will be responsible for leading the class through a 10-minute warm-up, & follow this up with the presentation of 3-5 new warm-up drills that relate to the specific skill/activities for that day. Students will hand in a 1-2 page overview of the warm-up activities & drills. When selecting warm-up activities & drills, keep in mind the skill level of your classmates & the main activity/skills for that particular day. Student dates will be assigned in class.

Students are responsible for lecture notes, videos/movies shown in class & assigned readings. Attendance at class is essential if students expect to pass the course. Due to the nature of this 200 level course (6 weeks in length), missing a class will put the student at a significant disadvantage. Strive for 100% attendance. If you must miss a class, notify the instructor prior to the class. Students are expected to spend time outside of class practicing and developing their own skills.

Grading Scale:

<i>Grade</i>	<i>Percent</i>	<i>Grade Point Value</i>	<i>Description</i>
<i>A+</i>	<i>95.0 –100%</i>	<i>4.00</i>	<i>Outstanding</i>
<i>A</i>	<i>86.0 -94.9%</i>	<i>4.00</i>	<i>Excellent - superior performance, showing comprehensive understanding of subject matter.</i>
<i>A-</i>	<i>82.0 – 85.9%</i>	<i>3.70</i>	
<i>B+</i>	<i>78.0 – 81.9%</i>	<i>3.30</i>	
<i>B</i>	<i>74.0 – 77.9%</i>	<i>3.00</i>	<i>Good-clearly above average performance with knowledge of subject matter generally complete.</i>
<i>B-</i>	<i>70.0 – 73.9%</i>	<i>2.70</i>	
<i>C+</i>	<i>66.0 – 69.9%</i>	<i>2.30</i>	
<i>C</i>	<i>62.0 – 65.9%</i>	<i>2.00</i>	<i>Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.</i>
<i>C-</i>	<i>58.0 - 61.9%</i>	<i>1.70</i>	<i>Minimum grade for required prerequisite course</i>
<i>D+</i>	<i>54.0 – 57.9%</i>	<i>1.30</i>	
<i>D</i>	<i>50.0 – 53.9%</i>	<i>1.00</i>	<i>Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.</i>
<i>F</i>	<i>below 50.0%</i>	<i>0</i>	<i>Fail – unsatisfactory performance or failure to meet course requirements.</i>

KNES 201: VOLLEYBALL**Objective:**

In the volleyball section, students will learn, demonstrate and understand:

1. Individual skill development
e.g. forearm pass, overhead, pass, attack, block, serve
2. Team systems of play
e.g. defense, offense, serve reception, transitions
3. Movement pattern awareness principles, space awareness principles, qualities of movement, and relationship of movement.

Volleyball Grading (35%):

- | | | |
|----|-------------------------------|-----|
| 1. | Skill testing (May 24-31): | 20% |
| 2. | Team play (May 16-30): | 10% |
| 3. | Written theory test (May 30): | 5% |

National Coaching Certification Program:

Successful students may become certified with the Coaching Association of Canada (Technical, Volleyball, Level 1). There will be an additional cost for becoming certified.

KNES 201: SOCCER**Objective:**

1. To have the students demonstrate the basic skills of the game with control and proper technique. Skills include passing, trapping, heading, dribbling, and shooting.
2. To have the students identify the key points to emphasize in the analysis of the above skills for the purposes of teaching or coaching.
3. To have students develop skills so as to be able to play the game effectively.
4. To have students know and understand the rules of the game.
5. To have students understand tactics of simple team play.
6. The student will be able to analyze and discuss the fundamental movement skills and game concepts from a theoretical perspective as demonstrated through the writing of a major paper (due last day of class).

Soccer Grading (35%):

- | | | |
|----|---|-----|
| 1. | Technical Skills (June 4-21) | 15% |
| 2. | Team Play & Tactical Skills (June 4-21) | 15% |
| 3. | Written Test (June 21) | 5% |

This activity component is worth 35% of the KNES 201 course.

- The instructor will reflect the efforts and performance of the student through structured skill and game situations. The assessment is based on how well the student demonstrates an understanding of the principles of the skills and

game situations.

- The written test will require that the student show an understanding of the basic concepts and rules that pertain to the game of soccer. Team play and tactical skills will be evaluated throughout the course..

Rules: Students are expected to study the rules and ask instructor for clarification. Little class time will be spent on the rules.

Practice: Students are expected to spend time outside of class practicing and developing their own skills

	CONTENT	TESTS	WARM-UP
Wed. May 9	Course Intro NO ACTIVITY		
Thu May 10	VB: Forearm Pass*		⇒
Mon May 14	VB: Overhead Pass*		⇒
Tue May 15	VB: Attack*		⇒
Wed May 16	Passing & Attack		⇒
Thu May 17	VB: Systems		⇒
Mon May 21	Victoria Day - NO class		⇒
Tue May 22	VB: Block*		⇒
Wed May 23	VB: Attack & Block		⇒
Thu May 24	VB: Skill Test: Passing	VB PASSING TEST	⇒
Mon May 28	VB: Serve & Team Play*		⇒
Tue May 29	VB: Skill Test: Net Play	VB NET PLAY TEST	
Wed May 30	VB: Team Play	VB THEORY TEST	
Thu May 31	VB: Retest Day	VB RETEST	
Mon June 4	SOCCER STARTS		
Tue June 5	S: Dribbling & Shielding		⇒
Wed June 6	S: Classroom		⇒
Thu June 7	S: Pass/Receive/Trap		⇒
Mon. June 11	S: Shooting/Heading		⇒
Tue June 12	Mid-term Exam	EXAM #1	
Wed June 13	S: Goaltending		⇒
Thu June 14	S: Free/corner/throw-in		⇒
Mon June 18	S: Small group attack		⇒
Tue June 19	S: Small group defend		⇒
Wed June 20	S: Team play - off/def		⇒
Thu June 21	S: Rule exam/Game Day	SOCCER RULES EXAM	

NOTE: Students are expected to carefully analyze course requirements and project due dates and plan/work/study accordingly. Time and project management skills are considered important in this field and overdue assignments will be penalized 10% of their grade value for each day late.

Attendance: Attendance at class is essential if students expect to pass this course. Due to the nature of this 200 level course (6 weeks in length), missing a class will put the

student at a significant disadvantage. Strive for 100% attendance; if you miss a class see the instructor prior to the class if possible.

****Two inexcusable absences will result in failure of the course****

Supplementary Course Information

In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

Plagiarism/Cheating/

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Other Academic

Misconduct:

(see Calendar)

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are **not** valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca.