

GEORGE MASON UNIVERSITY
Department of Health, Fitness and Recreation Resources

PHED 273 – Net and Target Games (2 credit hours)

DAY/TIME: Tuesday and Thursday 10:30-11:45 am LOCATION: RAC Gym and Tennis Courts

DATES: Volleyball : Aug. 31-Sept. 28 Tennis: Sept. 30-Nov. 4 Golf: Nov. 9-Dec. 9

PROFESSOR:	Dartanya Porch	Gary Quam	Linda Gaudi
OFFICE LOCATION:	RAC	RAC	No Office
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PREREQUISITES:
None

COURSE DESCRIPTION:

Skill and content knowledge in net and target games. Includes skill progression, strategies, officiating, and authentic assessment in games such as volleyball, golf, tennis, and badminton.

Notes: Open to BPRE and BSED PHED majors only.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Demonstrate effectively critical skills in net/target games included in the course.
2. State and apply games rules related to the different net/target games included in the course.
3. Provide the history of game originations and modifications over time for each net/target games included in the course.
4. Identify and use critical strategies related to each net/target games included in the course
5. Select and administer appropriate, valid and reliable skill tests to peers.
6. Utilize rubrics as part of student assessment and apply examples of authentic assessment.
7. Interpret results of skills tests.
8. State the modified and official equipment needed to practice each of the net/target games included in the course.
9. Adapt games to decrease and increase difficulty for teaching purposes.
10. Organize different types of tournament such as single elimination, double elimination and round robin.

REQUIRED READINGS

To be determined by professor

EVALUATION

To be determined by the professor

Test

Focus on knowledge of rules, technique, strategy and skill development associated with the sport.

Projects

Resource file: Using a variety of sources (e.g. books, internet, journals), students will develop a resource file comprising, but not restricted to, drills, tests, and games, related to each net/target games covered in class.

Tournaments: Students will create various types of draw to simulate a tennis, golf, and volleyball tournament.

Skill Evaluation

Administration of skill tests on peers: Students will find and administer basic skills tests covered in class. They will be in charge of set up, administration, compilation, and interpretation of results.

Evaluation of TC skills: Students will be evaluated by their peers on a minimum of two basic skills for each net/target game covered in class.

Grading Scale

90-100 = A 80-89 = B 70-79 = C 60-69 = D <60 = F

TENTATIVE COURSE OUTLINE

1. Tennis

- a. History of game originations and modifications over time.
- b. Official and developmentally appropriate equipment needed to play tennis.
- c. Critical skills associated with tennis such as ground strokes, serve, volley.
- d. Rules and etiquette.
- e. Critical strategies used in single play and double play.
- f. Drills and modified games used to developed skills and strategies.
- g. Evaluation of skills using rubrics, authentic assessment, and already existing skill tests.
- h. Interpretation of results.
- i. Organization and administration of a double elimination tournament.

2. Golf

- a. History of game originations and modifications over time.
- b. Official and developmentally appropriate equipment needed to play golf.
- c. Critical skills associated with golf such as driving, fairway woods, long irons, short irons, chipping, pitching, sand play and putting.
- d. Rules and etiquette.
- e. Different types of competition such as stroke play and match play.
- f. Drills and modified games used to developed skills.
- g. Evaluation of skills using rubrics, authentic assessment, and already existing skill tests.
- h. Interpretation of results.
- i. Organization and administration of a single elimination tournament (Match Play).

3. Volleyball

- a. History of game originations and modifications over time.
- b. Official and developmentally appropriate equipment needed to play volleyball.
- c. Critical skills associated with volleyball such as forearm pass, set, block, spike, and serve.
- d. Rules and etiquette.
- e. Critical strategies used such as basic 4-2 formation and basic "W" defensive formation .
- f. Drills and modified games used to developed skills and strategies.
- g. Evaluation of skills using rubrics, authentic assessment, and already existing skill tests.
- h. Interpretation of results.

- i. Organization and administration of a round robin tournament.

ATTENDANCE POLICY

Class participation will be a factor in grading. Absence, tardiness, or early departure will lower student's grades. Absence from exams is not excused.

ATTIRE

Students are expected to dress appropriately for each sport segment of the course. Proper attire will be determined by the professor.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>