

# York University

Faculty of Health

School of Kinesiology and Health Science

**PKIN 0390                      Basic Skills in Team Sports**

**The aim of this course is to give students a basic analysis of learning the fundamental skills necessary to enjoy and have fun in a team sport environment. The basic technics and tactical skills will be covered in basketball, volleyball, soccer and ultimate Frisbee and football.**

**Course Instructor:**

**Deborah Fullerton**

**[debfull@yorku.ca](mailto:debfull@yorku.ca)**

**Call or text cell: 416 520 0850**

**Session: S1 – Summer**

**Location: Tait McKenzie building**

**Times:**

**T/Th 12:30pm – 2:30pm**

**Section:**

**S1**

**Location:**

**Main Gymnasium**

**Dress: Shorts or track pants and T-Shirt, running shoes (active wear)**

**CONTENT:**

- An analysis of basic skill development of basketball, volleyball, soccer, touch football and ultimate frisbee
- A basic skill analysis on the football throw and the Frisbee (disc) throw
- Use of lead up games to practice and develop skills
- An introduction to some drills in games and set plays necessary to play an organized game.
- Importance and use of rules in all teams sports presented
- Fitness development activities and footwork
- Method of organization to learn tactics and practice game skills
- The value of learning to teach and present a basic skill in Team Sports

**Evaluation: This PKIN is evaluated on a grade level or Pass/Fail option.**

**Practical        - 60% attendance and class participation (40%/20%)**

**Project         - 20% teaching assignment**

**Testing         - 20% written test**

**ATTENDANCE**

Students must attend 80% of PKIN classes to be eligible to pass this course. As this is mainly a participation course, attendance will affect your grade.