

**YORK UNIVERSITY
FACULTY OF HEALTH**

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
PKIN 0415.00 – COURT GAMES
WINTER 2017**

INSTRUCTOR: Michael Mitchell (cell) (416) 710-5549
342 Bethune College Part time office M/W 12:30pm – 1:30pm
email - mmitchel@yorku.ca

TIME/DATE: Sections Winter term – Jan 5 – April, 2017
Section: M Tuesday 1:30 pm – 3:30 pm
N Thursday 1:30 pm – 3:30 pm
Final Exam April, 2017 tbd

PREREQUISITE / CO-REQUISITE: NONE/ KHS students first admitted.

FACILITY: Tait McKenzie Squash Courts

COURSE DESCRIPTION: An introduction to primarily squash and some racquetball, table tennis. Emphasis is placed on developing the basics of strokes, tactics, principles of movement, methodology of practice, rules of play for singles. Focus will be on identifying strokes, drives, volleys, serves, returns and playing with an emphasis on accuracy and consistency. Theory and practical methods utilized in teaching to encourage students in enjoying a lifetime of fitness within sport and for recreational purposes. Students will possibly be required to participate in a class presentation facilitated by the instructor.

EVALUATION: Practical 50% - skill performance and demonstration of strokes. Evaluation will be on going throughout course by checklist and instructor evaluation of skills. Minimum demonstration of skills required. Tactical skills observed through drills and game based situations.

Theory 30% - Assignments – 5 %
Theory Exam – 20 %
Rules Quiz – 5 %

Attendance / Participation 20% - based on active attendance

Grading - A B C F or P/F
To exercise the Pass/Fail option students must obtain the signature of the course director on the applicable form. The completed signed form will then be submitted to the Undergraduate office **during the last week of the course.**

Note: If you opt for the Pass/Fail option you do not qualify for the Kinesiology and Health Science Honour Roll and Tait McKenzie Honour Society.

COURSE CONTENT AND LEARNING OBJECTIVES: The student will learn and execute the following:

- Basic stroke development.
- Singles and Doubles tactics/strategies.
- Rules and regulations of the game.
- Practical methods in introducing a new skill.
- Develop abilities to teach progressive skills.
- Enhance appreciation and derive benefits from health activity.
- Course content using Actions/ game based Methodology.
- Perform basic movement skills in a variety of class settings.
- Develop mutually beneficial interactions for learning within a small group.
- Complete the requirements for the Individual Sport Practicum.

OBJECTIVES: Introduction to the box court games in Squash some Racquetball. Progression from one racquet sport to the other and develop court sense for indoor court sports and specifically racket sports. To develop a positive attitude toward these activities so they may be continued as lifetime activities.

TEXTBOOK: Handout package available for purchase.

EQUIPMENT: Racquets available, protective eye gear, balls provided. Bring water bottle, proper indoor clothing.

DRESS: Court shoes, proper footwear & playing clothes, no boots, sandals, jeans and water bottle may be required etc.

ATTENDANCE: As per PKIN requirements, 80% attendance required. Student-instructor agreement on make-up for classes missed due to illness or injury must be agreed upon **before** with instructor. With this being a once weekly (12 x) 2 hours daily course **only 2 absences** may be allowed in order to satisfy the Practicum requirements policy.

Students who miss more than required will not pass the course.