

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

Session: Fall

Location: Tait McKenzie building

Times:

**T/Th 10:30am – 11:30am
11:30am – 12:30pm**

Section:

A/B

Location:

Main Gymnasium

Dress Code: 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.