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: Section: Location:
T/Th 10:30am – 11:30am A/B Main Gymnasium
11:30am – 12:30pm

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.