



Physical Education: Team Sports (PEITST) Syllabus

Course Name

PEITST

Physical Education: Team Sports

Course Information

PEITST is a one-semester course.

This physical education course introduces you to and invites your participation in the two popular sports of soccer and volleyball. The course is divided into ten lessons, with the first and last lessons consisting of a physical fitness pretest and posttest. Once you have completed the physical fitness pretest, you will begin learning about and playing soccer. Upon completion of the four soccer lessons, you will then switch to volleyball for four lessons. Finally, you will take the physical fitness posttest to measure the changes in your physical condition from the beginning of the course to its end.

Hopefully, this course will lead to many hours of enjoyable participation that will become a source of satisfaction for you throughout your life.

Course Delivery Method

Online

Contacting Your Instructor

You may contact your instructor through the Blackboard messaging system. Technical support is available 24/7 at www.k12.ttu.edu.

Course Objectives

After completing this course, you should be able to:

1. evaluate your level of physical fitness;
2. understand the rules of soccer;

3. identify offensive and defensive strategy in soccer;
4. demonstrate soccer skills;
5. recognize the positions and responsibilities of soccer players;
6. understand and apply the basic rules of volleyball;
7. identify basic offensive and defensive strategy in volleyball;
8. identify the terminology associated with the game of volleyball;
9. demonstrate basic volleyball skills; and
10. participate in an actual game of volleyball.

This course provides:

1. knowledge and motor skills basic to efficient movement;
2. rules, knowledge, and skills basic to proficient participation in physical activities;
3. motivation and development of a high level of knowledge and fitness and the ability to maintain this level of fitness; and
4. knowledge and skills for leisure and lifetime sports activities.

PEITST addresses the required Texas Essential Knowledge and Skills (TEKS). These can be found at the [Texas Education Agency](http://www.teks.org) website.

Textbook and Materials

Textbook(s)

The required textbooks for this course are:

- Luxbacher, J. *Soccer: Steps to Success* (3rd ed.). Champaign, IL: Human Kinetics Publishers, Inc., 2005 ISBN 0736054359.
- Dunphy, M., and Wilde, R. *Volleyball Today* (2nd ed.). Belmont, CA: Wadsworth/Thomson Learning, 2000. ISBN 0534358365.

Materials

To begin the course, you will need skinfold calipers, which you may purchase from the TTU K-12 Bookstore. In order to practice the skills, a soccer ball, one made of either leather or some synthetic material, will have to be purchased. You will also need to purchase a good quality volleyball.

Technical Requirements

- Internet access – preferably high speed (for accessing Blackboard)
- Email
- Word processing software such as Microsoft Word
- Adobe Reader (download from [Adobe.com](http://adobe.com))

- Audio and video capabilities (for watching/listening to course content)
- PDF app (free options available)

Technical Skill Requirements

Be comfortable with the following:

- using a word processor
- Internet search engines and browsers
- creating PDFs (see **Requirements for Creating PDFs** in the Syllabus section of your course)

Course Organization

This course consists of 10 lessons and a final examination. Each lesson contains the following:

- Introduction and Instructions
- Learning Objectives and Curriculum Standards
- Learning Activities
- Assignments

Each lesson includes several activities that present content knowledge. Each lesson also includes multiple graded assignments to ensure that you learn the content that has been presented in the activities. Some of the assignments are automatically-graded quizzes, and some are written assignments or activities that your instructor will grade. Be sure you read all instructions carefully and ask your instructor for help if something is not clear.

This course devotes equal time to soccer and volleyball. Lesson One is a physical fitness pretest. Lessons Two through Five cover soccer, and Lessons Six through Nine cover volleyball. Lesson Ten is a physical fitness posttest. Lessons Two through Nine consist of an Introduction, Lesson Objectives, How to Proceed, Summary, Learning Activity, and Lesson Assignment. All parts of the completed lesson assignments must be submitted through Blackboard to be graded. You will receive feedback from your instructor letting you know how you are doing on the assignments.

Because you do not meet in a formal classroom setting or on the soccer field or volleyball court with an instructor present to provide immediate feedback, it is essential that you study each of the readings thoroughly and carefully. Failure to complete reading assignments will only result in a lack of understanding when you attempt to complete the lesson assignments.

Each lesson outlines several learning activities. These learning activities will help you practice the skills you have read about and learn those concepts that are a necessary part of the sport. If you take these assignments seriously and complete them to the best

of your ability, you will become a better player and learn much about the game that will improve your skills long after this course is over.

Course Outline

Please note that some assignments will be hidden from you when you start the course. As you move through the lessons and complete assignments, more will unlock for you.

Lesson	Topic	Approximate Time for Completion
Lesson 1	Fitness Test and Goal-setting	One week
Lesson 2	Soccer: Historical Background, Equipment and Basic Skills	Two weeks
Lesson 3	Individual Attack & Defense Tactics, Heading Skills, and Shooting Skills	Two weeks
Lesson 4	Goalkeeping and Group Attack	One week
Lesson 5	Group Defense, Team Tactics, and Team Organization	One week
Lesson 6	Volleyball Introduction, History, and Equipment	Two weeks
Lesson 7	Passing, Bumping, Setting, and Attacking	One week
Lesson 8	Serving and Blocking	Two weeks
Lesson 9	Offense, Defense, and Team Transition	Two weeks
Lesson 10	Physical Fitness Posttest	Two weeks
Final Exam		

Assignment Schedule

Each of the following must be completed to complete the course. Items with an asterisk (*) indicate that these are summative assessments for the course.

Lesson	Weeks	Assignments
1	1	Checkpoint 1 (Non-graded) Lesson 1: Assignment Upload
2	2-3	Lesson 2: Assignment - Discussion Questions (Part I) Lesson 2: Assignment - Discussion Questions (Part II) Lesson 2: Assignment - Multiple Choice and True/False

Lesson	Weeks	Assignments
3	4-5	Lesson 3: Assignment - Discussion Questions Lesson 3: Assignment - Multiple Choice and True/False Checkpoint 2 (Non-graded)
4	6	Lesson 4: Assignment - Discussion Questions Lesson 4: Assignment - Multiple Choice and True/False
5	7	Lesson 5: Assignment - Discussion Questions Lesson 5: Assignment - Multiple Choice and True/False
		*Soccer Exam
6	8-9	Lesson 6: Assignment - Discussion Questions (Part I) Lesson 6: Assignment - Discussion Questions (Part II) Lesson 6: Assignment - Multiple Choice and True/False
7	10	Lesson 7: Assignment - Discussion Questions Lesson 7: Assignment - Multiple Choice and True/False
8	11-12	Lesson 8: Assignment - Discussion Questions Lesson 8: Assignment - Multiple Choice and True/False
9	13-14	Lesson 9: Assignment - Discussion Questions Lesson 9: Assignment - Multiple Choice and True/False
		*Volleyball Exam
10	15-16	Lesson 10: Assignment Upload Lesson 10: Fitness Goals Report Checkpoint 3 (Non-graded)
		Final Exam

Course Credit

The course grade will be calculated as follows:

- 50% coursework average;
- 50% summative assessment average, including the final exam;
- A passing course grade is 70 or higher.

Students must attempt all assignments in the course. The final exam will not be available until all assignments have been accepted and graded by the teacher.

Students who score below 70% on the final exam will be eligible for one re-exam opportunity.

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Coursework

The graded assignments within each lesson are formative in nature. This means that they are designed to assist you in applying and demonstrating the lesson concepts, as well as identifying areas in which you need additional review. You may use all the lesson's learning activities to assist you as you complete the graded assignments.

Summative Assessments

Summative assessments are those that allow you to demonstrate mastery of the course objectives. For summative assessments, you will NOT be allowed to use the learning materials. These are opportunities for you to show what you have learned by that point in the course. Summative assessments may be proctored using the online proctoring system Proctorio. Information about Proctorio is provided in **Remote Proctoring** in the Syllabus section of your course. The summative assessments for this course are as follows:

- Summative Assessments **(20% of Course Grade)**
 - Soccer Exam (50 points)
 - Volleyball Exam (50 points)
- Summative Final Exam **(30% of Course Grade)**

Course Completion

- Students may not complete the course in less than 30 days.
- All courses expire six months after the enrollment date.

Academic Integrity

It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and high standard of integrity. The attempt of students to present as their own any work not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offenders liable to serious consequences, possibly suspension.

“Scholastic dishonesty” includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.

Student Expectations

You will be expected to log into the Blackboard course regularly to be aware of possible announcements/reminders and to pace your progress in the course.

Students are expected to maintain an online environment conducive to learning, which includes “netiquette” (Internet etiquette). Please review the basic rules for [Online](#)

[Discussion Netiquette](#). Ensure that your email messages, discussion board postings, and other electronic communications are thoughtful and respectful. Diverse opinions are welcome in this course, and you are expected to demonstrate an open mind and courtesy when responding to the thoughts and ideas of others.

The following are prohibited:

- making offensive remarks in email or the discussion board;
- using inappropriate language or discussing inappropriate topics online;
- spamming;
- hacking;
- using TTU or Blackboard email or discussion boards for commercial purposes;
- using all caps (considered shouting in online communications); and
- cyber-bullying or online harassment of any type.

Inappropriate behavior shall result in consequences ranging from a request to correct the problem, to removal from the course or even the university, depending on the severity of the behavior. Disciplinary actions will be taken according to the TTU K-12 Student Handbook.

Communication

- You can expect a reply from your instructor within 2 business days.
- Use the Blackboard Course Messages tool for sending messages to your instructor.

Submitting Assignments

You will submit all assignments through the Blackboard Assignment Tool, rather than by mail or email.

Technical Difficulties

Getting Help

For student assistance with Blackboard, visit [TTU K-12 Support](#).

Computer Problems

A working computer is necessary for online coursework. Computer problems will not be accepted as a valid reason for failure to complete course activities within the allotted time frame. Identify a second computer, before the course begins, that you can use if you experience computer problems.

Server Problems

When the Blackboard server needs to be taken down for maintenance, the Blackboard administrator will post an announcement in your course informing you of the time and

date. If the server experiences unforeseen problems, your course instructor will notify you.

Lost or Corrupted Files

You must keep/save a copy of every project/assignment on an external disk or personal computer. In the event of any kind of technology failure (e.g., Blackboard server crash or virus infection, students' own computer problems, loss of files in cyberspace, etc.) or any disputes, the instructor may request or require you to resubmit the files. In some instances, the instructor may need to open another attempt within Blackboard, so communication with your instructor is critical in these circumstances.