



# Physical Education: Individual Sports (PEITSI) Syllabus

## Course Name

PEITSI

Physical Education: Individual Sports

## Course Information

PEITSI is a one-semester course.

Congratulations on choosing these two individual sports to meet part of the physical education requirements for high school graduation. In addition to obtaining credit towards your graduation, you will find that learning an individual sport such as bowling and the dual sport of tennis will allow you the opportunity to compete, socialize, and obtain and maintain physical fitness. These two sports give a competitor the option to participate independently or with others, and creates a foundation for a continued active lifestyle.

### *Tennis*

People of all ages and all walks of life play tennis. Tennis can truly be called the sport of a lifetime: youngsters can begin at about six years of age, and their grandparents may still be playing well past the age of 70! Young and old, men and women, highly skilled champions and eager neophytes all express their enthusiasm for the game, both on and off the court.

Execution of the strokes demands coordination and skill and fine timing of the arms, body, and feet. Stamina and endurance are required to persist through long rallies and matches. The challenge of outwitting your opponent exists at all levels of skill; many a match has been won by the less skilled player through the application of superior tactics. Understanding your strengths and learning to exploit your opponent's weaknesses demands keen analysis and quick anticipation. It requires self-discipline to practice purposefully and self-control to persist throughout the sometimes trying conditions of match play. Raising your game to meet the demands of competition can produce a most satisfying sense of accomplishment.

The lessons in this course are designed to provide the information that will allow you to learn the skills and strategies without the aid of a class setting; however, in some lessons you will need to play with another person. The material is presented in a logical progression so that important information provides the background necessary for you to analyze your own performance and to correct any mistakes which will help improve your performance. For this course, skill levels for the exam will be those of a beginning player playing right-handed.

You should practice the beginning skills of footwork, fundamental pivoting, the forehand and backhand drives, and the serve until you attain a successful performance. Master these basic skills before moving on to the more difficult skills of volley, lob, and overhead smash. Each of the six skills mentioned above will be necessary for successful and satisfying performance.

Tennis is a game requiring extreme concentration, and certain rules of etiquette should be observed. Good sportsmanship should be the first rule of tennis. For example, when competing without the benefit of an official, players must make the decisions on their side of the net and accept the decisions of the opponent without question.

### ***Bowling***

Bowling is an activity for today's lifestyle, and it is also a skill that can be used and enjoyed throughout your life. It is a skill that will engage you physically, psychologically, and socially. In an era of expanding leisure time, bowling can be played morning, noon, and night, regardless of weather conditions. Bowling is a social sport, giving opportunity for relaxation and competition to people of all ages and skill levels at a reasonable cost.

Bowling offers a constant challenge. As you improve your skills and see the results in an improved average, you gain personal satisfaction whether bowling with your family and friends, or in a league.

At the conclusion of this course, you should be knowledgeable about both tennis and bowling. You will have attained the advanced beginner skill level in each, and you should be motivated to practice in order to reach the level of skill necessary for a lifetime of enjoyable participation.

### **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](http://www.k12.ttu.edu).

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## Course Objectives

After completing this course, you should be able to:

1. evaluate your level of physical fitness;
2. understand the basic rules, social skills, and etiquette of tennis and bowling;
3. use basic terminology for tennis and bowling;
4. perform correctly the basic skills in tennis and bowling;
5. keep score in tennis and bowling;
6. perform efficient footwork in tennis in order to execute skills effectively;
7. know the basic mechanics of tennis and bowling, such as positions of the feet and proper movement; and
8. know fundamentals of strategy in tennis and bowling.

This course provides:

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

PEITSI addresses the required Texas Essential Knowledge and Skills (TEKS). These can be found at the [Texas Education Agency](http://www.tea.state.tx.us) website.

## Textbook and Materials

### **Textbook(s)**

The required textbooks for this course are:

- Matsuzaki, Carol. Sports Fundamentals Series: *Tennis Fundamentals*. Champaign, IL: Human Kinetics Publishers, 2004. ISBN 978-0-7360-5151-4.
- Mullen, Michelle. Sports Fundamentals Series: *Bowling Fundamentals*. Champaign, IL: Human Kinetics Publishers, 2004. ISBN 978-0-7360-5120-0.

### **Materials**

You will need to have skinfold calipers, which you may purchase at a local sporting goods store, or borrow from a physical education teacher in your area.

### **Participation**

For tennis, you are encouraged to participate in a city- or community-organized tennis team, but you may choose to have a friend or other adult who currently plays tennis to help you when it is time to practice on the courts. If you do become involved in organized tennis, please send verification of your participation to your instructor.

For city groups and organizations, contact your local City Parks and Recreation Department, the YWCA, YMCA, USTA, or other neighborhood groups for information about leagues or team play.

For bowling, you are encouraged to join a bowling league, but this is not required. **Bowling on your own or with other participants or friends *is required* for course credit.**

## 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 eight 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.

Lesson One is a physical fitness pre-test; Lessons Two through Seven consist of an Introduction, Lesson Objectives, How to Proceed, Summary, Learning Experiences, and

Lesson Assignments; and Lesson Eight is a physical fitness post-test. There is a final examination.

Although we do not meet in a formal classroom setting, it is essential that you study each of the reading assignments thoroughly and carefully. Failure to complete reading assignments will result in a lack of understanding when you attempt to complete the lesson assignment.

The Summaries which support your reading assignments provide important concepts for each lesson. Your answers to the questions at the beginning of each Summary section are **for your use only**, and should **not** be turned in with your lesson assignment. The Summary section will aid you in both practicing and achieving mastery of the skills, as well as preparing you for the final exam. Take the time to read the Summary section carefully before going on to the Learning Experience.

Practice sessions are designed to enhance your learning experiences and help you become more competent in the sports of tennis and bowling.

Several **Learning Experiences** are outlined in each lesson; **you will turn them in to the instructor with your lesson assignments**. These Learning Experiences will help you practice the skills you have read about and learn the concepts that are a necessary part of the tennis and bowling experience. If you take these assignments seriously and complete them to the best of your ability, you will become a better player and will be able to improve your skills in tennis and bowling 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	Two weeks
Lesson 2	The History and Mechanics of Tennis	Two weeks
Lesson 3	The Serve, Volley, Lob, and Overhead	Two weeks
Lesson 4	Return of Serve, Singles Tactics, Doubles Tactics	Two weeks
Lesson 5	Gripping the Bowling Ball; Stance, Footwork, and the Approach	Two weeks
Lesson 6	Footwork and the Approach; Pushaway, Back Swing, Timing, Finishing Strong	Two weeks

Lesson	Topic	Approximate Time for Completion
<b>Lesson 7</b>	Delivery and Hook; Hitting the Pocket; Left-Side Spares; Right-Side Spares; Open Bowling and League Play	Two weeks
<b>Lesson 8</b>	Physical Fitness Posttest	Two weeks
<b>Final Exam</b>		

## 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
<b>1</b>	1-2	Checkpoint 1 (Non-graded) Lesson 1: Assignment Upload <i>You will not be able to complete Lessons 2-7 until Lesson 1 is completed and graded.</i>
<b>2</b>	3-4	Lesson 2: Learning Experiences Lesson 2: Assignment - Multiple Choice Lesson 2: Assignment - True/False
<b>3</b>	5-6	Lesson 3: Learning Experiences Lesson 3: Assignment - Multiple Choice Lesson 3: Assignment - True/False Checkpoint 2 (Non-graded)
<b>4</b>	7-8	Lesson 4: Learning Experiences Lesson 4: Skills Test Lesson 4: Assignment - Multiple Choice (Part I) Lesson 4: Assignment - True/False
		*Tennis Exam
<b>5</b>	9-10	Lesson 5: Learning Experience (Part I) Lesson 5: Learning Experience (Part II) Lesson 5: Assignment - Multiple Choice Lesson 5: Assignment - True/False
<b>6</b>	11-12	Lesson 6: Learning Experiences (Part I) Lesson 6: Learning Experiences (Part II) Lesson 6: Assignment - Multiple Choice Lesson 6: Assignment - True/False

Lesson	Weeks	Assignments
7	13-14	Lesson 7: Learning Experiences Lesson 7: Assignment - Multiple Choice and True/False <i>You will not be able to complete Lesson 8 until Lessons 1-7 are complete and graded.</i>
		*Bowling Exam
8	15-16	Lesson 8: Assignment Upload Checkpoint 3 (Non-graded)
		<b>Final Exam</b>

## 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.

## 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)**
  - Tennis Exam (50 points)
  - Bowling 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.