KINS 143: Analysis of Field Sports  
California State University, Sacramento  
Department of Kinesiology and Health Science  
Spring 2006

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Class Day & Time: Tuesday & Thursday-10:30a.m.-11:45a.m.  
Units: 2.0

- Co-requisite: KINS 138: Teaching Strategies in Physical Education

Course Description:  
KINS 143 is an introductory course designed for students within the Kinesiology Major, Physical Education Concentration, to analyze the teaching of field sports in school settings. This course provides the student the opportunity to learn the basic techniques, strategies, and rules of: track & field, flag football, golf and softball. Emphasis will be given to skill performance, skill development, teaching methodology, skill analysis, lead-up activities and sport participation.

Course Intended Outcomes:  
As a result of passing this course each student should be able to:

1. Demonstrate skills needed to perform activities evident by active participation in class events.
2. Demonstrate the ability to analyze basic skills required for track and field events, flag football, softball, and golf by identifying critical elements and teaching cues essential to learning.
3. Demonstrate a basic knowledge of rules and/or systems of play for track and field events, flag football, softball, and golf.
4. Develop accountability task sheets and teaching cue cards for use in instructional settings.
5. Assess skill performance of the learners.
6. Demonstrate knowledge of beginning level instructional sequences and methods appropriate for track and field events, flag football, softball, and golf.
**Course Content**

The basic outline of the course is as follows:

1. Introduction of each activity including types of skills, similarities and differences, benefits, safety considerations, opportunities for practice, history, and general information.
2. Skill Analysis including sequence of skills, skill progression, skill analysis, skill evaluation, and skill reinforcement.
3. Class organization including warm-up/introductory activity, lead-up and modified activities, drill organization, and practice sequencing.
4. Skill Practice including individual and team skills.
5. Tactical knowledge for game play.
6. Additional knowledge including rules, etiquette, equipment, etc.

**Required Text and Materials:**


One NEW VHS videotape (minimum of 60 minutes). Be sure to write your name on the box and on the tape itself as they easily get mixed up.

**Recommended Readings for Golf**


**Recommended Readings for Softball:**


**Recommended Readings for Football:**


**Recommended Readings for Track & Field:**

Course Requirements/Student Responsibilities:

1. **Absences/Attendance:** Attendance is required.
   - Each student will be allowed 1 absence per 8 week block.
   - For every absence over one during the 8 week block, there will be a **half grade deduction**.
   - Every two tardies (or incomplete classes) will be considered equal to one absence.
   - PLEASE NOTE: In specific cases related to the university such as, university athletic competition, students will be excused from class without penalty only if the following occurs:
     a) Notification must come prior to the scheduled absence.
     b) Assignments must be submitted on or prior to the regularly scheduled due date.

2. **Late Policy:** When attending class, please be on time, remain for the entire class period and focus on the class lecture.
   - If you attend class late (arrive beyond the scheduled start time) the student will be counted late (tardy).
   - If you leave class early (prior to be excused by the instructor) the student will be counted as tardy.

3. **Late Assignments:** No late assignments will be accepted. All assignments must be submitted in hard copy form on (or before) the designated due date.

4. **Make Up’s:** Quizzes, tests, and assignments cannot be made up (0 credit) unless prior arrangements for your absence have been made with the instructor.

5. **Additional policies:**
   - Americans with Disabilities: If you have a disability and require accommodations, you need to provide disability documentation to Services for Students with Disabilities (SSWD), Lassen Hall 1008, (916) 278-6955. Please discuss your accommodation needs with me after class or during my office hours early in the semester.
   - Please visit the student tutorial on how not to plagiarize (http://library.csus.edu/content2.asp?pageID=353).
   - Please turn off cell phones and other non-approved electronic devices during class meetings.
   - Food and drink are allowed so long as it is not disruptive to the class.
**Assessment Tools:**

<table>
<thead>
<tr>
<th>Points will be earned as follows</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Golf</strong></td>
<td></td>
</tr>
<tr>
<td>Movement Analysis-Full Golf Swing</td>
<td>10</td>
</tr>
<tr>
<td>9 holes of Golf or Participation in PE Majors Club Golf Tournament</td>
<td>10</td>
</tr>
<tr>
<td>Golf Quiz</td>
<td>25</td>
</tr>
<tr>
<td>Comprehensive Performance Evaluation(CPE)-Full Golf Swing</td>
<td>25</td>
</tr>
<tr>
<td><strong>Softball</strong></td>
<td></td>
</tr>
<tr>
<td>Technical Standards Softball Skills</td>
<td>10</td>
</tr>
<tr>
<td>Softball Quiz</td>
<td>20</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong></td>
<td></td>
</tr>
<tr>
<td>Track &amp; Field Notebook</td>
<td>25</td>
</tr>
<tr>
<td>Track &amp; Field Meet</td>
<td>25</td>
</tr>
<tr>
<td><strong>Flag Football</strong></td>
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<tr>
<td>Flag Football Quiz</td>
<td>10</td>
</tr>
<tr>
<td>Playbook</td>
<td>20</td>
</tr>
<tr>
<td>Comprehensive Performance Evaluation(CPE)-Quarterback Skills</td>
<td>20</td>
</tr>
<tr>
<td>comprehensive Final Exam-May 18th 10:15-room TBA</td>
<td>50</td>
</tr>
<tr>
<td><strong>Total Points Possible for KINS 143</strong></td>
<td>250</td>
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</tbody>
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**Grading Scale:**

- A (93-100%)
- A- (90-92.9%)
- B+ (87-89.9%)
- B (83-86.9%)
- B- (80-82.9%)
- C+ (77-79.9%)
- C (73-76.9%)
- C- (70-72.9%)
- D+ (67-69.9%)
- D (63-66.9%)
- D- (60-62.9%)
- F (00-59.9%)

**Students under the 2004-2006 academic catalog must achieve a C or higher in all major courses. If the student achieves lower than a C they will be required to repeat the course for graduation.**
**Academic Integrity Statement:**
Students are expected to display academic integrity in all aspects of this course. Plagiarism, cheating or any form of academic dishonesty will not be tolerated and may result in a failing grade for the course. You are responsible for reading and knowing this policy and the consequences for violating it.

**Final Thoughts:**
Much of our time will be spent being active so please dress appropriately (i.e.-athletic shoes, shorts, and running paints, etc.). When you are in the role of a teacher or in the field observing, you will be expected to represent professionally yourself in the way that you dress. Also, it is possible that the above information may change (i.e., exam schedules, assignments, etc.) as the course progresses. However, you will be informed of such changes in a timely and fair manner, should they occur. Lastly, the expectations for this class are extremely high. Our sincere hope is that each of you will rise to that standard of excellence.