

YORK UNIVERSITY
KINESIOLOGY AND HEALTH SCIENCE
PKIN - 0294 Competitive / Cooperative Aquatic Games
Course Outline
(Tait Pool)

Instructor: Nicole Ferguson (905-510-7580) / (nicoleferg1@gmail.com) 2024

Scope of Course: This course is an introduction to cooperative and competitive games and exercises for those with a swimming background and ability. It will teach the basic theory of cooperative and competitive games / exercises (games with aims). It will also teach and review programming safety, fitness participation requirements, activity objectives, activity leadership, trends, etc. Participants will also gain practical experience in creating, planning, and supervising cooperative and / or competitive activities of their own devising. This program will not specifically deal with the 4 main aquatic sports (Competitive Swimming, Diving, Synchronized Swimming, or Water polo)
Note: A minimum of 80% attendance is required to maintain class participation.

Prerequisite: Swim I or equivalent ability (to be evaluated in class) or teacher's permission

References / (Optional Texts): Proficiency Games and Skills, Volume 5 - Second Edition, (Lifesaving Society), Silver Bullets, Karl Rohnke, Kendal Hunt Publishing
The Cooperative Sports and Games Book, Terry Orlick Pantheon Books
and the plethora of games and activities books available

Evaluation: All assignments are completed throughout the term.
Practical Evaluation / Theory: **45%** (demonstrated understanding of games theory)
Assignment: **30%**. (creation, planning, documentation, implementation of assigned activity)
Attendance and Participation: **25%**

Please Note:All assignments and the written paper are mandatory and must be submitted as assigned by due date(s). Late assignments will result in a penalty of 10% per calendar day. Non-submission or not as assigned will result in an additional '10' mark penalty and loss of the 'Pass/Fail option. Submissions not as assigned will not be graded. Cheating or plagiarism will result in an 'F' for both parties. Further, all attending this class must have a note book (not a sheet of paper) and a pen / pencil for note taking by the start of the second week of classes. Failure to do so will result in removal from the class.

Content: The Aquatic Games course is composed of both theoretical and practical components. In order to create, plan, organize, manage, lead and evaluate cooperative and competitive activities, it is necessary to understand the theoretical components of the activities programmed. The practical demonstration of these skills and knowledge will be a major component of this program.
Please Note: Assignments (practical presentation and accompanying documentation) not completed on due date, as assigned, will result in a failing grade.

Practical: Each student (or assigned group) will create an aquatic activity from the assigned Category. (i.e. cooperative, competitive, or cooperative / competitive). The game / activity must then be presented and played by class members who will also may provide a peer evaluation. The teacher will provide final evaluation. The student is expected to have a Lesson Plan, to demonstrate safety, leadership, organization, preparation, appropriate rules and enforcement etc.

Theory: The theory of competitive and cooperative games is integral to the practical portion of the course. The activity's creation, safety, resources, rules, equipment. enforcement, protocol learning etc., must be documented in booklet form and submitted for evaluation with the practical activity. The understanding of the theory portion must be practically demonstrated as part of the presentation. The theoretical components include: trends, fitness, age relevance, and activity objectives (communications, leadership, group dynamics, individual and group development, 100% participation etc.), plus purposeful intro and warm down activities, age continuance, etc.