

**YORK UNIVERSITY
FACULTY OF HEALTH**

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
PKIN 0415.00 – COURT GAMES
WINTER- 2024**

INSTRUCTOR: Michael Mitchell (cell) (416) 710-5549
342 Bethune College Part time office M/W 12:30pm – 1:30pm
email - mmitchel@yorku.ca

TIME/DATE: Winter Term 1 Jan 8 – April , 2024
Section: **M** Tuesday 1:30 pm – 3:30 pm Starts Jan 9/24
N Thursday 1:30 pm – 3:30 pm Starts Jan 11/24
Final Exam, Tuesday & Thursday April 2024

PREREQUISITE / CO-REQUISITE: NONE/ KHS students first admitted.

FACILITY: Tait McKenzie Squash Courts (5) (downstairs), Tennis Courts T.C (IN PERSON)

COURSE DESCRIPTION: An introduction to principally Squash with Table Tennis & Tennis. Emphasis is placed on developing the basics of strokes, tactics, principles of movement, methodology for practice, rules of play for singles. Focus will be on identifying strokes required for game play, forehands, backhands, drives, volleys, serves, returns and organized play with an emphasis on accuracy, consistency to have fun in the respective sport. Theory and practical methods utilized in teaching/ evaluating the students that will encourage activities to promote enjoyment in fitness activities within selected sport disciplines and more importantly for life recreational purposes. Students will be required to participate in class discussions facilitated by the instructor. Some history and origins of each sport along with general interest in the various tours, world wide scope of each respective court sport.

EVALUATION:

Practical 50% -	Participation performance and understanding of strokes. Evaluation is on going throughout course by checklist and instructor evaluation of skills with minimal demonstration of competencies from students. Tactical skills observed through drills, observations and game based situations.
Theory 30% -	Assignments – 5 % Theory Exam – 20 % Rules Quiz – 5 %
Attendance / Participation 20% -	based on active & physical attendance
Grading -	A B C F or P/F To exercise the <u>Pass/Fail option</u> students must obtain the signature of the course director on the applicable form. The completed signed form will then be submitted to the Undergraduate office during the last week of the course.
Note:	For full information on this option see Alternative Grading option in KHS section of undergraduate calendar.

Court Games PKIN 0415 -2

COURSE CONTENT AND LEARNING OBJECTIVES: The student will learn and execute the following:

- Basic stroke development. Solo drilling.
- Singles and Doubles tactics/strategies.
- Rules and regulations of the respective sports.
- Practical methods in introducing a new skill.
- Develop abilities to teach & progressively develop skills.
- Enhance appreciation and derive benefits from health activity.
- Perform individual drills daily to gain more repetitions for practice.
- Course content using Actions/ game based Methodology.
- Perform basic movement skills in a variety of class settings.
- Develop mutually beneficial interactions for learning within a small group.
- Complete the requirements for the Individual Sport Practicum.
- Understand complexities of undertaking Sport with movement.
- DEDI discussion related to racquet sports and opportunities.
- Encourage physical activity daily, implementing The Slight Edge.

OBJECTIVES: Introduction to the box court games in Squash, Tennis, Table Tennis. Progression from one racquet sport to the other and develop court sense for indoor court sports and specifically racket sports. Create awareness to court sports and various concept applications from the outside world along with progressions how to develop a motor skill. To develop a positive attitude toward these activities so they may be continued as lifetime activities along with enjoyment from movement based initiatives.

TEXTBOOK: Handout package available for purchase.

EQUIPMENT: Racquets available, protective eye gear, balls provided. Bring water bottle, proper indoor clothing & footwear, bring own towel.

DRESS: Court shoes, proper footwear & playing clothes, no boots, sandals, jeans, no phones while practicing or playing and water bottle may be required.

ATTENDANCE: As per PKIN requirements, 80% attendance required. Student-instructor agreement on make-up for classes missed due to illness or injury must be agreed upon **before** with instructor. With this being a once weekly (12 x 2 hours daily) 12 hour practicum course **only 2 absences** may be allowed to satisfy the Practicum requirements policy.
Students who miss more than required amount will not pass this course.

LATENESS PENALTY: Students are expected to be on time and present for the duration of the class. Excessive lateness will result in penalty for attendance evaluation and missing components leading towards the practical evaluation. Students are expected to familiarize themselves with information available on the Senate Committee pertaining to Academic Standards, Curriculum and Pedagogy webpage.