

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

  X   Transfer Course     X   A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** PE 170 Team Sports

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:**     Appropriate language and computational skills

**ENTRANCE REQUIREMENTS**   None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:**     None

**SCOPE OF COURSE:**

Instruction and participation in team sports for advanced players. Team sports offered include football, volleyball, soccer, softball, baseball, basketball, wrestling, and water polo. See Class Schedule for particular sport(s) offered each semester. *May be taken four times.* CSU; UC

**SPECIFIC COURSE OBJECTIVES:**

Successful students will be able to:

1.     evaluate skills demonstration in softball, volleyball, soccer, wrestling, water polo, basketball, baseball, and football at an advanced level.
2.     compare and contrast teaching and coaching techniques.
3.     apply principles of conditioning concepts.
4.     demonstrate integrated teamwork skills.
5.     analyze offensive and defensive tactics and utilize strategies.
6.     identify game rules, safety procedures, and terminology.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Conditioning
  - A. Weights
  - B. Endurance
  - C. Repetitions
- II. Offense
  - A. Ball/bat control
  - B. Short game
  - C. Advantage play
  - D. Salvage
- III. Defense
  - A. Fielding
  - B. Footwork
  - C. Communication
- IV. Running
  - A. Conditioning
  - B. Field coverage
  - C. Advancement
- V. Strategies
  - A. Offensive
  - B. Defensive
  - C. Winning
  - D. Losing
  - E. Weathering

**REQUIRED READING:**

Instructor generated handouts on team sports strategy, concepts and rules.

**SUGGESTED READING:** None

**REQUIRED WRITING:**

Offensive and defensive team sport skills demonstration is more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts, and lecture notes. Practice skills and observe amateur and professional contests.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	70%
Evaluated improvement – subjective and objective testing	20%
Skills development	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

**CONTACT PERSON:** Virgil Watson Extension 2474

**SIGNATURES:**

SIGNATURES ON FILE