



Course ID:	Course Title:	Fall 2022
KIN 101	Fundamentals of Court-Based Sports	Prerequisite:
		Credits: 3

Class Information		Instructor Information		Important Dates	
Delivery:	In person	Instructor:	Colin Kubinec MA Leadership and Management	First Day of Class:	Sept. 7, 2022
Days:	Wed/Fri	Email:	ckubinec@ambrose.edu	Last Day to Add/Drop:	Sept. 18, 2022
Time:	8:15 am – 9:30 am	Phone:	403-410-2000 ext. 2983	Last Day to Withdraw:	Nov. 21, 2022
Room:	Gymnasium	Office:	G1123	Last Day to Apply for Coursework Extension:	Nov. 28, 2022
Lab/Tutorial:		Office Hours:	Upon appointment	Last Day of Class:	Dec. 9, 2022
Final Exam:	Dec 14 th at 9 am. Room A1085-2				

Important Dates and Information

For a list of all important dates and information regarding participating in classes at Ambrose University, please refer to the Academic Calendar at <https://ambrose.edu/academic-calendar>.

Course Description

An introduction to court-based sports, with a focus on basketball, futsal, a selection of racquet sports, and volleyball. Topics include rules of the game, fundamental skills, tactics used in game situations, as well as principles of biomechanics, motor learning, detection and correction of errors and safety considerations in playing, teaching and/or coaching court-based sports.

Notes: This course does not fulfill a Science elective in any program. This course can only apply as an Open Elective in any program.

Expected Learning Outcomes

Students will:

1. Understand, develop, and lead in physical literacy and motor learning skills used in court-based sports.

2. Understand and describe the philosophy and rationale behind rules and strategies in court-based sports.
3. Demonstrate communication and leadership skills through class facilitation and management in court-based sports.
4. Demonstrate strategies that improves sport safety and administrative processes in practice and competition.
5. Integrate faith and personal holistic development into one’s participation in court-based sports.

Recommended Reading Materials and Websites:

Coyle, Daniel (2012). *The Talent Code: Greatness Isn’t Born. It’s Grown. Here’s How*. Random House, Inc. New York, NY.

Giblin, S., Collins, D. & Button, C. (2014). *Physical literacy: importance, assessment and future directions*. Sports Med, 44: 1177. <https://doi.org/10.1007/s40279-014-0205-7>

Gray, Rob (2021). *How We Learn to Move: A Revolution in the Way We Coach and Practice Sports Skills*. Perception Action Consulting and Education, LLC.

<http://physicalliteracy.ca/>

<http://sportforlife.ca/>

<https://activeforlife.com/jointhemovement-alberta/>

<https://phecanada.ca/>

www.participation.com

Course Schedule

2022	WEDNESDAY	FRIDAY
SEPT	7 Introduction and Course Outline (Gym)	9 Unit 1: Introduction to Physical Literacy and Court-Based Sports
	14 Unit 1: Introduction to Physical Literacy and Sport 1	16 Unit 1: Introduction to Sport 2
	21 Unit 1: Introduction to Sport 3	23 Unit 1: Introduction to Sport 4
	28 Unit 1: Introduction to Sport 5	30 NO CLASSES (National Day of Truth and Reconciliation)
OCT	5 NO CLASSES (Deeper Life Conference)	7 Unit 2: Introduction to Rules and Tactics (Sport 1)
	12 Unit 2: Rules and Tactics Sport 2	14 Unit 2: Rules and Tactics Sport 3
	19 Unit 2: Rules and Tactics Sport 4	21 Unit 2: Rules and Tactics Sport 5
	26 Unit 3: Introduction to Skills and Techniques (Sport 1)	28 Unit 3: Skills and Techniques Sport 2

NOV	2 Unit 3: Skills and Techniques Sport 3	4 Unit 3: Skills and Techniques Sport 4
	9 NO CLASSES (Reading Week)	11 NO CLASSES (Reading Week)
	16 Unit 3: Skills and Techniques Sport 5	18 Unit 4: Faith and Formation in Sport
	23 Unit 4: Faith and Formation in Sport	25 Unit 5: Introduction to Safety and Administration (Court Sport Olympics 1)
	30 Unit 5: Safety and Administration (Court Sport Olympics 2)	DEC 2 Unit 5: Safety and Administration (Court Sport Olympics 3)
DEC	7 Unit 5: Safety and Administration (Court Sport Olympics 4)	9 Unit 5: Safety and Administration (Court Sport Olympics 5) and Course Review

Requirements and Grading:

1. 20% Attendance, Participation, Physical Competence, and Abilities Acquisition (L.O. 1,5)

- Up to 10/10 will be awarded for punctual attendance and active participation in class.
- Up to 10/10 will be awarded for the physical competence and abilities acquisition displayed in class.
- A rubric for determining this grade will be provided in class.

2. 10% Unit 1: Introduction to Sport Presentation (L.O. 1,3)

- In a small group (3-4 students), a written and physical presentation will be completed on the court-sport of the group's choice.
- The small group will prepare a handout, a PowerPoint presentation, and lead the class in the sport of their choice.
- This presentation will cover the following topics:
 - History and forms of the sport
 - Basic explanation of the game, including the main athletic abilities needed
 - Current trends in the sport locally and globally
 - 20 mins of drills/games, leading the class through participating in a warm up and the game
- Research and proper citing of works is required.

3. 10% Unit 2: Rules and Tactics of the Sport Presentation (L.O. 1,2,3)

- In a small group (3-4 students), a written and physical presentation will be completed on the court-sport of the group's choice.
- The small group will prepare a handout, a PowerPoint presentation, and lead the class in the sport of their choice.
- This presentation will cover the following topics:
 - Current rules of the game and the philosophical approach of the rules of the game according to various categories discussed in class
 - The basic tactics involved in the game according to various categories given in class

- iii. How the rules and rule changes affect the tactics and vice versa
- iv. 20 mins of drills/games with various rule modifications and tactics taught

4. 15% Unit 3: Skills and Techniques of the Sport Presentation (L.O. 1,3)

- a. In a small group (3-4 students), a written and physical presentation will be completed on the court-sport of the group's choice.
- b. The small group will prepare a handout, a PowerPoint presentation, and lead the class in the sport of their choice.
- c. This presentation will cover the following topics:
 - i. A review of the fundamental skills and techniques used in the sport
 - ii. A review of common errors in the skills and techniques of the game
 - iii. The bio-mechanical considerations from chosen skills or techniques and how they can be harnessed to improve performance and prevent injury
 - iv. 20 mins of drills/games that are designed to develop the skills and techniques of the game

5. 10% Unit 4: Faith and Formation in Sport Paper (Moodle, due December 9, 2022, L.O. 5)

- a. Individually, each student will prepare a 3 page personal response paper that discusses how they see that faith and formation can be experienced in their sport journey.
- b. The paper should cover 3 areas:
 - i. The inward faith and formation experience
 - ii. The outward faith and formation experience
 - iii. The upward faith and formation experience
- c. More details will be provided in class.

6. 15% Unit 5: Safety and Administration Presentation (L.O. 1,3,4)

- a. In a small group (3-4 students), a written and physical presentation will be completed on the court-sport of the group's choice.
- b. The small group will prepare a handout, a PowerPoint presentation, and lead the class in the sport of their choice.
- c. This presentation will cover the following topics:
 - i. Physiological priorities in training for injury prevention
 - ii. Safety considerations for officials, coaches, and event coordinators
 - iii. How the sport is governed and administered at various levels in Canada and Internationally
 - iv. A tournament structure to be played out by the class (for Court Sport Olympics)

7. 20% Final Exam. (Multiple choice, matching, and/or fill in the blank. L.O. 2-6)

- a. This will be a comprehensive final exam, covering all of the material covered throughout the semester.
- b. The student should understand the philosophical concepts broadly and also information about each of the sports covered in class.
- c. More information will be provided in class prior to the Final Exam.

Final Exam:

There will be a registrar final exam for this course as described above. December 14th, 9 am. Room A1085-2.

Attendance:

Attendance (on time) and class participation will be graded, expected, and recorded. This class is very participatory and relies on the attendance of students for drill and competition planning. Sportsmanship, engagement, and attitude will also be key attributes to one's attendance/participation grade.

Grade Summary:

The available letters for course grades are as follows:

Grade	Percent	Grade Point Value	Description
A+	96-100	4.00	Outstanding
A	92-95	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	88-91	3.70	
B+	83-87	3.30	
B	78-82	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	73-77	2.70	
C+	68-72	2.30	
C	64-67	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	60-63	1.70	Minimum grade required if needed as a prerequisite course.
D+	55-59	1.30	
D	51-54	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<50	0	Fail – unsatisfactory performance or failure to meet course requirements.

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

Other:

Some classes may be completed outside of the Ambrose Gymnasium if possible (i.e. Tennis Courts). Students will be asked to purchase, borrow, or find racquets to use for the racquet sport units. Other equipment (ie balls, nets, etc.) are covered by the \$25 course fee.

AMBROSE UNIVERSITY IMPORTANT INFORMATION:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions.

Exam Scheduling

Students who find a conflict in their exam schedule must submit a *Revised Final Exam Time Application* to the Office of the Registrar by the deadline noted in the Academic Calendar. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; or 2) the scheduled final examination slot results in three consecutive examination periods. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Standards of Behaviour in the Classroom Setting

Learning is an active and interactive process, a joint venture between student and instructor and between student and student. Some topics covered within a class may lead to strong reactions and opinions. It is important that Students understand that they are entitled to hold contradictory beliefs and that they should be encouraged to engage with these topics in a critical manner. Committing to this type of "active learning" significantly increases the learning experience for both teacher and student, and reflects the Christian imperative to pursue truth, which lies at the heart of the Ambrose educational experience. However, active discussion of controversial topics will be undertaken with respect and empathy, which are the foundations of civil discourse in the Classroom Setting. Primary responsibility for managing the classroom rests with the instructor. The instructor may direct a student to leave the class if the student engages in any behaviour that disrupts the classroom setting. If necessary, Ambrose security will be contacted to escort the student from class. Please refer to your professor regarding their electronic etiquette expectations.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also

occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. The academic calendar can be found at <https://ambrose.edu/academics/academic-calendar>

Privacy

Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Coursework Extensions

Should a request for a time extension on coursework exceed the end of the term, a *Coursework Extension Application* must be completed and submitted to the Office of the Registrar. The extension (if granted) will be recorded on the student record. Extensions are granted at the discretion of the instructor and registrar. Normally, Course Extension Applications will be considered only when all of the following conditions are met:

- the quality of prior course work has been satisfactory;
- circumstances beyond your control, such as an extended illness or death of a family member, make it impossible for you to complete the course work on time; and
- you submit *Coursework Extension Application* to the Office of the Registrar on or before the deadline specified in the Academic Schedule.

If granted, time extensions do not excuse you from a final examination where one has been scheduled for the course. A temporary grade of TX will be assigned until a final grade is submitted in accordance with the new deadline. A final grade of F will apply to:

- all course work submitted after the end of the semester unless a coursework extension has been granted; and all course work submitted after the revised due date provided by an approved extension to coursework.

Academic Success and Supports

Accessibility Services

Academic accommodation is provided to Ambrose students with disabilities in accordance with the Alberta Human Rights Act and the Canadian Charter of Rights and Freedoms. Provision of academic accommodation does not lower the academic standards of the university nor remove the need for evaluation and the need to meet essential learning outcomes. Reasonable accommodations are tailored to the individual student, are flexible, and are determined by considering the barriers within the unique environment of a postsecondary institution. It can take time to organize academic accommodations and funding for disability-related services. Students with a disability who wish to have an academic accommodation are encouraged to contact Accessibility Services as early as possible to ensure appropriate planning for any needs that may include accommodations. Staff can then meet with students to determine areas to facilitate success, and if accommodations are required, ensure those accommodations are put in place by working with faculty.

Ambrose Writing Services

Ambrose Writing services provides academic support in the four foundational literacy skills—listening, speaking, reading, and writing. It also assists students with critical thinking and the research process. Throughout the academic year, students can meet with a writing tutor for personalized support, or they can attend a variety of workshops offered by Academic Success. These services are free to students enrolled at Ambrose University. Academic Success serves all students in all disciplines and at all levels, from history to biology and from theatre to theology. To learn more, please visit <https://ambrose.edu/sas/writing-services>

Ambrose Tutoring Services

Ambrose Tutoring Services provides support in specific disciplinary knowledge, especially in high-demand areas such as chemistry, philosophy, math and statistics, and religious studies. These tutors also coach students in general study skills, including listening and note-taking. During the academic year, Ambrose Tutoring Services offers drop-in tutoring for courses with high demand; for other courses, students can book a one-to-one appointment with a tutor in their discipline. These services are free to students enrolled at Ambrose University. To learn more, please visit <https://ambrose.edu/tutoring>.

Mental Health Support

All of us need a support system. We encourage students to build mental health supports and to reach out when help is needed.

On Campus:

- Counselling Services: ambrose.edu/counselling
- Peer Supportive Listening: One-to-one support in Student Life office. Hours posted at ambrose.edu/wellness.
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention and Mental Health First Aid. See <https://ambrose.edu/student-life/crisissupport> for a list of staff members.

Off Campus:

- Distress Centre - 403-266-4357
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

Sexual Violence Support

All staff, faculty, and Residence student leaders have received *Sexual Violence Response to Disclosure* training. We will support you and help you find the resources you need. There is a website with on and off campus supports – ambrose.edu/sexual-violence-response-and-awareness.

Off Campus:

- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888

Note: Students are strongly advised to retain this syllabus for their records.