

Course Title	Sports Study 1 <Recreational Sports>
Instructor	MCGRATH, K. F.
Credit	2 Credits
Course Number	CMP1221

■ Course Objectives

Students will learn the basic skills and rules guiding a variety of recreational activities, in addition to developing English communication skills. Students will gain an understanding of how positive lifestyle changes through exercise can enhance an individual's physical, mental and social well-being. Students will develop the ability to manage a personalized fitness program by following the F.I.T.T. guidelines.

■ Course Contents

Instruction for this course will be conducted in English. The recreational activities covered are grouped into three categories: ball sports (table tennis, mini tennis, floor hockey), studio activities (yoga, and balance ball) and conditioning (circuit training). Guidelines for the promotion of the fitness elements of flexibility, strength and endurance will be covered at the beginning of class. In addition, mindfulness training (MT) will be introduced as a strategy to increase awareness of healthy habits and promote greater wellness.

■ Course Schedule

1. Review facility guidelines, evaluation and complete health screening.
2. Table Tennis - Introduce static and dynamic stretching.
3. Table Tennis - Introduce ballistic and PNF stretching.
4. Yoga - Pilates - Introduce mindfulness strategies for promoting awareness and attention to body sensations (kinesthetic sense).
5. Yoga - Power - Expand mindfulness strategies for promoting awareness and attention to body sensations (kinesthetic sense), and introduce activities to promote mindful concentration.
6. Circuit Training - Introduce F.I.T.T. principle guidelines for strength training.
7. Circuit Training - Introduce outline for report.
8. Mini Tennis
9. Mini Tennis
10. Exercise ball - Introduce F.I.T.T. principle guidelines for flexibility.
11. Exercise ball - Introduce F.I.T.T. principle guidelines for endurance training.
12. Floor Hockey
13. Floor Hockey
14. Table Tennis / Submit Report

■ Study Required Outside of Class

Students must complete a medical examination and the pre-screening form for exercise.

■ Evaluation

Class attendance and participation (60%); Final Report (10%); Assignment (5%); Effort (25%)
2/3 or more attendance will be required to acquire course credits.

■ Textbooks

None

■ Readings

Handouts will be provided in class.