

**YORK UNIVERSITY  
FACULTY OF HEALTH**

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE  
PKIN 0415.00 – COURT GAMES  
FALL- 2022**

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

**TIME/DATE:** Fall Term 1 Sept 8 – Dec 6, /22  
Section: **A** Tuesday 1:30 pm – 3:30 pm  
**B** Thursday 1:30 pm – 3:30 pm Subject to class change?  
Final Exam, Tuesday & Thursday 2022

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

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

**COURSE DESCRIPTION:** An introduction to principally squash with limited racquetball & 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 game play with an emphasis on accuracy, consistency to have fun in games. 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 importantly for life recreational purposes. Students will be required to participate in class discussions facilitated by the instructor.

**EVALUATION:** Practical 50% - Skill performance and demonstration of strokes. Evaluation will be on going throughout course by checklist and instructor evaluation of skills with minimal demonstration of skills required by students. Tactical skills observed through drills 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 Pass/Fail option 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:** If you option for the Pass/Fail option you do not qualify for the Kinesiology and Health Science Honour Roll and Tait McKenzie Honour Society. For full information on this option see Alternative Grading option in KHS section of undergraduate calendar.

**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 game.
- 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.
- Encourage physical activity daily, implementing The Slight Edge.

**OBJECTIVES:** Introduction to the box court games in Squash some Racquetball, 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. To develop a positive attitude toward these activities so they may be continued as lifetime activities.

**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 and water bottle may be required etc.

**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.