

**YORK UNIVERSITY  
FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE  
PKIN 0435.00 - TENNIS I  
WINTER TERM - 2023**

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**INSTRUCTOR:** Michael Mitchell (0416 710-5549 cell  
Email - [mmitchel@yorku.ca](mailto:mmitchel@yorku.ca)

**TIME/DATE:** Sections: Winter Term – Jan 10, 2023 – April, 2023  
Section A Tuesday & Thursday 10:00 am-11:00 am.  
Section B Tuesday & Thursday 11:00 am- 12:00 pm.

**PREREQUISITE / CO-REQUISITE:** NONE (KHS majors first accepted into course)

**FACILITY:** Tennis Canada Bubble Courts (4), (Behind Aviva building on south side)

**York University SQUASH courts/classrooms on selected dates when no indoor courts are available at Tennis Canada. This class always meets in person.** Possible use of West Fieldhouse other locations on York campus.

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**COURSE DESCRIPTION:** An introduction to Tennis. Emphasis is placed on developing effective practice for learning the basic strokes, tactics, movement and methodology implemented related to core competences in KHS program. Students will learn rules of play, quiz, singles/ doubles play, activities, review of materials for exam purposes. Focus will be groundstrokes, serves, returns, progressions that engage play providing an emphasis on developing accuracy and consistency. Theory with practical methods to teaching beg/intermediates using Tennis Canada approved methods. Students will be required to participate in class presentations, observe aspects from tennis world and ensued discussions with final evaluation through ongoing practical participation.

**EVALUATION:**

Practical 50% -	Skill performance and demonstration of strokes. Evaluation will be on going throughout course by list and instructor evaluation of skills. Minimum demonstration of skills required. Tactical skills observed through drills, game based situations, in class discussions.
Theory 30% -	Rules Quiz – 10 % Theory Exam – 20 %
Attendance / Participation 20% -	based on physical & active attendance
Grading -	<b>A B C F or Pass/Fail</b> To exercise Pass/Fail option students sign applicable P/F form. This will be submitted to undergraduate office term completion. <u>Understand policy for P/F option.</u> If you opt for the P/F option you <u>do not</u> qualify for the Kinesiology and Health Science Honour Roll and Tait McKenzie Honour Society.

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

- Basic stroke development and awareness.
- Singles and Doubles tactics/strategies, drills recommend for skill acquisition.
- Rules and regulations of the game, tournament, round robin organization.
- Introduce practical methods in developing new skills and understand be able explain the complexities in learning new motor skills.
- Develop abilities to teach progressive skills and engage students in movement.
- Enhance appreciation and derive benefits from health activity.
- Course content using Actions Methodology.
- Demonstrate & perform basic movement with skills in a variety of class settings and applications.
- Develop mutually beneficial interactions for learning within a small group.
- Generalize practical physical activity experiences to enhance further opportunities in Sport and for life.
- Integrate physical activity daily, implementing The Slight Edge.
- Promote sport/ activities as opportunity for long health benefits in future.

**TEXTBOOK:** Handout package available for purchase.

**EQUIPMENT:** Racquets available, balls provided. Bring water bottle, recommend wearing York clothing or proper attire. (Ensure proper use of any personal equipment (Racquets) provided daily to the class.) If wishing to use own please bring to section.

**DRESS:** Tennis shoes, proper footwear, court shoes recommended & playing clothes, no boots, sandals, jeans, ensure the safety of students is not inhibited through improper wear respecting the individual needs. Hats, sunscreen/ block, water bottle, proper hydration/ nutrition leading up to class.

**ATTENDANCE:** As per PKIN requirements, **80%** term attendance required. Student-instructor agreement on make-up for classes missed due to illness or injury. This must be agreed upon before and with instructor permission.

**ATTENDANCE POLICY:** This 24 hour practicum, 8 weeks x 2 weekly (1 hours), students are allowed 3 absences. However there will be deductions on the attendance/ practical evaluations portion of grade breakdown for missed sections. It is the discretion of course instructor to permit for missed classes to be attended in other sections or the following term to satisfy the mandatory 80 % PKIN requirement.

**Lateness Penalty.** Students within reason are expected to be present for the majority of the class and actively participating, understanding with some degree that other issues may affect timing with the transit schedules or weather related circumstances. Students may make up in other racket sport sections offered by course instructor with prior permission.

**\*\*Students expected to be familiarized with information from the Senate Committee pertaining to Academic standards and policy, Curriculum and Pedagogy webpage. \*\***

**YORK UNIVERSITY  
FACULTY OF HEALTH**

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE  
PKIN 0415.00 – COURT GAMES  
WINTER- 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:** Winter Term 1 Jan 10 – April /2023  
Section: A Tuesday 1:30 pm – 3:30 pm  
B Thursday 1:30 pm – 3:30 pm  
Final Exam, Tuesday & Thursday April 2023

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

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

**COURSE DESCRIPTION:** An introduction to principally Squash with Table tennis and some Racquetball & Tennis. Emphasis is placed on developing the basics of strokes, tactics, principles of movement, methodology for practice, rules of play for singles in all racquet sports. Focus will be on identifying proper warm ups then strokes required for game play, forehands, backhands, drives, volleys, serves, returns and game situations with an emphasis on accuracy, consistency to have fun in games. Theory and practical methods utilized in teaching/evaluating the students that encourage activities to promote enjoyment in selected fitness activities. Awareness to selected sport disciplines and topics for life, recreational & KHS purposes. Students will be required to participate in class discussions facilitated by the instructor.

**EVALUATION:** Practical 50% - Skill performance and demonstration of strokes.  
Presentations will be ongoing with evaluation throughout course by a checklist with regular attendance required. Instructor will do evaluation of skills, participation with some minimal demonstrations required by students leading to the foundations of game play. Tactical skills and global observations through drills, game based situations, regular small tasks required for completion to consolidate learning.

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 games in selected 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 increase repetitions for practice.
- Course content using Actions/ game based Methodology.
- Perform basic movement skills in a variety of different 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, Table Tennis, Racquetball, 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 concepts with 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 students.

**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 recommended use of own hydration 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 once weekly (12 classes x 2 hours daily) 12 hour practicum course only 2 absences may be allowed to satisfy the KHS Practicum requirements policy. Students who miss more than required amount will not pass this course, no exceptions.

**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.

**OF KINESIOLOGY YORK UNIVERSITY  
SCHOOL AND HEALTH SCIENCE  
FACULTY OF HEALTH  
HH/PKIN 0440 - BADMINTON I  
WINTER- 2023**

**INSTRUCTOR:** Michael Mitchell  
(416) 710-5549 (c) 342 Bethune College Part time office (12:30 -1:30 pm M/W)  
Tait McKenzie Gymnasium  
Email: mmitchel@yorku.ca

**TIMES:** Sections: M 8:30 am- 9:30 am Monday/Wednesday  
N 9:30 am- 10:30 am Monday/Wednesday  
O 10:30 am- 11:30 am Monday/Wednesday  
P 11:30 am - 12:30 pm Monday/Wednesday

**COURSE DURATION** Monday JAN 9, 2023 – APRIL 2023 MONDAY/WEDNESDAY  
No classes Monday-Friday, FEB 20- FEB 25, READING WEEK

**FACILITY:** Tait McKenzie Main Gymnasium (8 courts), Gymnasium/ Classroom In person.

**NUMBER OF CREDITS:** Practicum Individual Sports or Elective option

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**COURSE OBJECTIVES:** (expanded description on Page 2)

1. To increase knowledge and development of basic badminton skills, tactics, acquire basic movements.
2. Develop understanding, types of strokes and offensive/ defensive systems used in singles/doubles play. Further understand the complexities in learning new motor skills while undertaking physical activity.
3. To enhance appreciation for badminton as a lifetime sport and recognizable form of health activity.

**COURSE CONTENT:**

Grips, effective warm ups, footwork exercises, movements, clears, drives, drops, smashes, serves, returns. Basic tactics for singles & doubles play and rules associated with sport, physical aspects, and Sport psychology along with discussion. Learning how to develop required fundamentals for play with use of Educational exercises to engage class in group participation and further discussions. Individual/ small group class presentations will be recommended of selected students supported by ongoing class evaluations facilitated by instructor, this will allow students to effectively acquire many of the learning outcomes within the practicum program. (See back)

**EVALUATION:** (on back) Subject to revision.

1. Theory - 30% Assignment, Quiz and Final Exam (April, 2023).
2. Practical - 50% skills acquisition, tactical knowledge, educational materials. Evaluation on going throughout course on skills, tactics achieved with active participation levels through out the course. Final demonstrations of skills utilizing a sequence drill/exercises to further examine the competencies and during game play.
3. Attendance/ Participation - 20% See attached attendance breakdown.

**GRADING:** A B C F or Pass/Fail

(To exercise the **Pass/Fail** option students must sign applicable form that requires signature during course of the academic term. It will then be submitted to the Undergraduate office in 341 Bethune at term completion.)

**Note:** If you opt 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 these options see the Alternative Grading option in the Kinesiology and Health Science section of the Undergraduate Calendar.

**COURSE CONTENT AND LEARNING OBJECTIVES:**

**In taking this course the student will learn how to recognize and execute the following.**

- Basic strokes of the sport, zones for game play.
- Singles and Doubles tactics / strategies.
- Rules and regulations with application for the sport.
- Practical methods introducing a new skill or topic.
- Develop abilities to teach progressive skills and tactics.
- Enhance appreciation for sport and derive benefits from physical health activity.
- Content using methodology with learner centred teachings.
- Perform movements in a variety of different class settings or situations.
- Develop mutually beneficial interactions for learning within a small group.
- Daily presentations from selected students facilitated by course instructor.
- Slight Edge philosophy for Sport / Life
- Complete requirements for Badminton 1.

**TEXTBOOK:** Hand out package available for purchase.

**EQUIPMENT:** Racquets available, shuttles provided, proper gym attire, shorts, t-shirts, water bottles.

**ATTIRE:** Appropriate gym shoes and clothing, proper footwear & playing clothes, no boots, jeans or street clothing. Please remove any outdoor, wet shoes before entering gymnasium area place off to the sides at entry.

**ATTENDANCE POLICY:** As per PKIN requirements / **80%** Mandatory required.

Student instructor agreement on make-ups due to illness or injury **MUST** be agreed upon **prior** with instructor. With this being a 24 hour practicum 12 weeks x twice weekly for hourly classes minimum will be allowed for absences. Students may make up in other current term sections with instructor approval) or possibly attend classes in following term ,although initially not passing the course.

Kinesiology and Health Science mandates that to receive practicum credit students must actively participate in a **minimum of 80% class time**, students who missed over allotted will not satisfy requirements in order to satisfy completion Pass in this course.

Lateness Penalty. Students within reason are expected to be present for majority of the class times along with actively participating. Awareness to some degree that transit may be affected with schedules and permission to make up time in other sections within a reasonable period along with time to satisfy the course and department policy.