

BERGEN COMMUNITY COLLEGE
Division of Arts, Humanities & Wellness
Department of Wellness/Exercise Science

WEX-128, Sports Fundamentals

COURSE SYLLABUS

Semester and Year:
Course and Section Number: Sports Fundamentals WEX-128
Meeting Times and Locations:
Instructor:
Office Location:
Phone:
Departmental Secretary:
Office Hours:
Email Address:

COURSE DESCRIPTION: Sports Fundamentals is the practical study of the fundamental principles and techniques of major sports. Students experience and practice various sports activities.

STUDENT LEARNING OBJECTIVES:

| As a Result of Meeting the Requirements for this course, Students will be able to: | Student Performance of these Objectives will be measured in the following manner: |
|---|--|
| Demonstrate the basic skills of Football, Soccer, Tennis, Basketball, Volleyball, etc. | Videotape and analyze basic skills and evaluate improvement. |
| Describe the rules and regulations of major sports. | Describe through written examination major rules in major sports. |
| List and describe major sports events. | Attend and critically evaluate two major sports events in writing. |
| Officiate major sports events. | Demonstrate proper officiating knowledge in writing by examination. |
| Network and pursue opportunities in local sports. | Compile and explore internship opportunities through interviews and in writing. |

COURSE CONTENT

- A. Historical analysis of sports fundamentals.
- B. Officiating issues in major/minor sport.
- C. General skills of soccer, football, tennis, and other major spectator sports.
- D. Equipment needs and changes in popular sports.
- E. Economic considerations as a sport fundamental.
- F. Employment opportunities and networking in sport.
- G. Administrative law as it relates to sports fundamentals.
- H. International aspects of sports.

PROCEDURES, TECHNIQUES, METHODS

- A. Lecture, discussions, demonstration and skill practice.
- B. Practical demonstration and evaluation of sports skills.
- C. Critical evaluation of officiating skills.
- D. Assignments – reading, verbal and visual.
- E. Guest speakers.
- F. Attendance and assessment of sports events.

READING

- Official Rule Books: NFL; NHL; MLB; MLS
NCAA: Eligibility Rule Book
Assessments: Contemporary media and current rules changes reported and published by media.

WRITING REQUIREMENTS

Students will be assigned well-designed out-of-class writing projects during the course of the semester (journals, research papers, book reviews, etc.) The number of assignments and their content will be exclusive of writing (essay) required on examinations.

GRADING POLICY

The final grade for the course is based on the student's performance on the required work for the course (writing assignments, quizzes, class presentations, etc.) and on his or her mastery of the material covered in the course. A student's participation may also be evaluated in the final grade.

ATTENDANCE POLICY

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible to be aware of information included in the catalog and student handbook regarding conduct, academic integrity, appropriate use of technology, etc.

ACADEMIC DISHONESTY

Bergen Community College is committed to academic integrity- the honest, fair and continuing pursuit of knowledge, free from fraud or deception. Students are responsible for their own work. Faculty and academic support services staff will take appropriate measures to discourage academic dishonesty. The College recognizes the following general categories of violations of academic integrity whenever a student does one or more of the following: uses unauthorized assistance in any academic work, copies from another student's exam, gives unauthorized assistance to another student, fabricates data in support of an academic assignment, inappropriately or unethically uses technological means to gain academic advantage, and commits plagiarism. See Catalog for complete details.

CIVILITY/CLASSROOM CONDUCT

As a college of choice, Bergen Community College provides a comfort level that enables students of all abilities to mature as learners and engaged citizens. Therefore, it is important that this class provide a stimulating, rigorous, and inclusive learning environment. To that end, students must demonstrate respect to others and to ideas and opinions expressed in the class. Use of cell phones and laptops is prohibited, unless special permission is granted. Anyone not following these standard procedures may be asked to remove him/herself from the class.

SEXUAL HARASSMENT STATEMENT

Bergen Community College is committed to providing its students and employees with an academic and work environment free from sexual harassment or discrimination. Sexual harassment in any form constitutes prohibited, unprofessional, and unacceptable conduct, and is a violation of Title VII of the Civil Rights Act of 1964 and 1990, as amended, Title IX of the Education Amendments of 1972, The New Jersey Law Against Discrimination, established case law, and State policies. The policy applies to all persons: faculty, staff, students, guests and visitors are all. See catalog for complete details.

STUDENT AND FACULTY SUPPORT SERVICES

1. THE HENRY AND EDITH CERULLO LEARNING ASSISTANCE CENTER: The Tutoring Center, English Language Resource Center, and Writing Center are collectively known as the Henry and Edith Cerullo Learning Assistance Center. The Cerullo Learning Assistance Center is located in the Pitkin Education Center, Room L-125; the telephone number is 201-447-7489.
2. THE TUTORIAL CENTER- The Tutoring Center, staffed with peer and professional tutors, offers free individual and group tutoring, supplemental instruction, and online tutoring for subjects offered at the college.
3. THE ENGLISH LANGUAGE RESOURCE CENTER is located in Ender Hall, Room 156, provides help to students whose native language is not English.

4. **WRITING CENTER**-The Writing Center, located in the Learning Assistance Center L-125, is designed to help students improve their writing. Individualized tutorials in all facets of the writing process including the development of ideas, organization, editing and proofreading are available to all students enrolled in college-level courses.
5. **ONLINE WRITING LAB (OWL)** - The Bergen Online Writing Lab (OWL) is a website designed to help students with all aspects of the writing process. It contains links to sites about how to generate ideas for writing, organize written ideas, write resumes and cover letters, do research papers, write papers for various college subjects, and edit and proofread papers. It can be accessed at <http://www.bergen.edu/OWL>.
6. **SIDNEY SILVERMAN LIBRARY**: The Sidney Silverman Library (2nd level Pitkin Education Center), an important resource for information, study and intellectual enrichment, is an integral part of the College's educational programs. To support the curriculum, the library acquires, organizes, and provides access to a variety of print, media, and electronic resources for individual and classroom use. The library is open Monday through Saturday during the fall and spring semesters, and weekdays during the summer.
7. **AMERICANS WITH DISABILITES ACT**: Students with documented disabilities who require accommodations by the American with Disabilities Act (ADA) can request support services from the Office of Specialized Services of Bergen Community College located in room L-115 of the Pitkin Learning Center. <http://www.bergen.edu/pages/5175.asp>
8. **WEB ADVISOR**: All BCC students enrolled in credit courses are entitled to a Web Advisor account. With Web Advisor, you may register online, check your schedule, room assignments, GPA and find out what courses you need to take. Go <http://www.go.bergen.edu>

COURSE CALENDAR*

| Week | Topic(s) |
|------|---|
| 1 | Orientation |
| 2 | Individual skills of 5 Major Sports |
| 3 | Individual skills of 5 Major Sports (continued) |
| 4 | Individual skills of 5 Major Sports (continued) |
| 5 | Individual skills of 5 Major Sports (continued) |
| 6 | History of Sport / Paper #1 |
| 7 | Coaching Principles |
| 8 | International aspects of Sport |
| 9 | Officiating Sports events / Mid-term exam |
| 10 | Sports injuries and medical aspects of sports /Paper #2 |
| 11 | Sport Law |
| 12 | Career opportunities in the field of sport |
| 13 | Networking skills |
| 14 | The resume and interview / Paper #3 |
| 15 | Final Exam |

**Course sequence and content are subject to change without notice as emphasis on course content may vary.*