



PET 4820
Sports Skills Proficiency
83280 001
Fall 2026

Instructor Name

Craigory Nieman

University Course Description

This course is designed to assist students in becoming proficient in and acquiring a foundation of the fundamental physical skills necessary to participate in and teach a variety of individual and team sports. Includes skill progression, strategies, and assessment of net, target, and invasion games. Students will also become familiar with creating several various types of assessments including: teacher- student, peer, and self-assessments based on the cue?s needed for skill proficiency.

Course Requisites

Prerequisite(s):

Corequisite(s):

Course Format

This course is delivered through various weekly learning modules (readings, interactive presentations, etc.). On Mondays, we will meet in class from 2:00-3:15, typically in the REC Gym to work on the skills you learned about. On

Wednesdays, out-of-class assignments through McGraw-Hill Connect and Canvas will be administered to allow you to learn about the sport being taught the following week, as well as opportunities to work and practice development plans. Modules will open the Monday before they are due. These modules will cover 1 sport each week. The in-person portion of the class is activity-based and as such, you will need to come to class dressed appropriately. We will spend the majority of the time either outside or in the gym. The first week, we will meet in-person on Wednesday as well.

Student Learning Outcomes

As a result of successful completion of this course, students will be able to:

8.1 Demonstrate effectively critical skills in net/target/invasion games included in the course.

8.2 State and apply games rules related to the different net/target/invasion games included in the course.

8.3 Identify and use critical strategies related to each net/target/invasion game included in the course

8.4 Select and administer appropriate, valid and reliable skill tests to peers.

8.5 Utilize rubrics as part of student assessment and apply examples of authentic assessment.

8.6 Interpret results of skills tests

Course Objectives

1. Learn through active participation by practicing and performing skills from net, target, and invasion games during hands-on class activities.
2. Develop game understanding through guided instruction and practice as the instructor demonstrates rules, strategies, and skill progressions for a variety of sports.
3. Engage in applied assessment experiences by practicing how to evaluate skills using rubrics, peer assessments, and teacher-created skill tests.

4. Analyze and discuss performance and strategy through instructor-led feedback, reflection, and interpretation of skill assessment results.

Required Texts and/or Readings and Course Materials

Lochbaum, M. (2020). *Connect Online Access for Connect Get Active (3rd Edition)*. McGraw-Hill.

How to Succeed in this Course

To succeed in this course, you will need to complete all readings and engage in all class activities. You will also need to manage your time to give adequate attention to course assignments.

Grading Scale

A+ = 97.5 – 100

A = 93.5 - 97.49

A- = 90 - 93.49,

B+ = 87.5 - 89.99

B = 83.5 - 87.49

B- = 80 - 83.49,

C+ = 77.5 - 79.99

C = 73.5 - 77.49

C- = 70 - 73.49,

D+ = 67.5 - 69.99

D = 63.5 - 67.49

D- = 60 - 63.49

Note: A minimum of a C- must be achieved to continue in the Physical Education Teacher Education Program.

Grade Categories and Weights

Assessment	Weighted (% of Final Grade)
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Professionalism and Participation	5%
Individual Development Plan • 3 parts (IDP 1, IDP 2, and IDP 3) • Individual IDP Discussion Posts (9)	20%
Group Development Plan • 3 parts (Group DP 1, Group DP 2, and Group DP 3) • Group DP Discussion Posts (9)	20%
Reading Assignments • Weekly Quizzes (11) • Weekly Interactive Activity (9) • Fitness Class Experience	40%
Practice Plan	15%
TOTAL	100%

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Note: All McGraw-Hill Connect Quizzes have a 60 minute time limit with 1 attempt. They consist of 10 questions worth 2 points each. All interactive activities on Connect have unlimited attempts and no time limit. They are due the night before the sport is taught each week. Practice Plans are due the day they are assigned to teach. While each category may have a different number of points, each category is weighted.

Instructor Feedback Policy & Grade Dissemination

The instructor will respond to email communication within 48 hours of the date received. The instructor will provide feedback on assignments within one week of the deadline. You can access your scores using “Grades” in Canvas.

Major Topics and Course Schedule

Calendar

Week and Date	Topic/ Chapter	Assignments for Week
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Week 1 – August 24th	Syllabus, Introduction to Sports Skills	1. Assign groups for IDP and sign-up sheet for sports. 2. Complete Interactive Activity and Quiz on Softball by Sunday at 11:59PM
August 26th	Introduction to IDP/GDP and GDP Practice	
Week 2 – August 31st	Softball (Taught by Me)	1. Discussion Post (Group and Individual) due Sunday at 11:59PM
September 2nd	Out of Class Assignment and IDP Practice	
Week 3 – September 7th	Labor Day – No Class	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Flag Football by Sunday at 11:59PM
September 9th	Out of Class Assignment and IDP Practice Complete McGraw-Hill Chapter on Flag Football	

Week 4 – September 14th	Flag Football	1. Group DP Part 1, & Ind. IDP Part 1 due by Sunday at 11:59pm 2. Complete Interactive Activity and Quiz on Soccer by Sunday at 11:59PM 3. NO Discussion Post This Week
September 16th	Out of Class Assignment and IDP Practice Complete McGraw-Hill Chapter on Volleyball	
Week 5 – September 21 st	Soccer	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Volleyball by Sunday at 11:59PM
September 23rd	Out of Class Assignment and IDP Practice - Complete McGraw-Hill Chapter on Volleyball	
Week 6 – September 28th	Volleyball	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Badminton by Sunday at 11:59PM
September 30th	Out of Class Assignment and IDP Practice - Complete McGraw-Hill Chapter on Badminton	

Week 7 – October 5th	Badminton	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. <i>Work on IDP Part 2</i>
October 7th	Out of Class Assignment and Out of Class Assignment - Continue Work on IDPs and GDPs	
Week 8 – October 12th	NO CLASS – COMPLETE IDP and GDP	1. Complete Interactive Activity and Quiz on Roundnet by Sunday at 11:59PM 2. IDP Updates (part 2) due for Ind. & Group due Sunday by 11:59pm 3. NO Discussion Post This Week
October 14 th	Out of Class Assignment — Complete McGraw-Hill Chapter on Roundnet	
Week 9 – October 19th	Roundnet	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Ultimate Frisbee by Sunday at 11:59PM
October 21st	Out of Class Assignment and IDP Practice — Complete McGraw-Hill Chapter on Ultimate Frisbee	

Week 10 – October 26th	Ultimate Frisbee	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Reading and Quiz on Team Handball (On Canvas—NOT Connect) by Sunday at 11:59 PM
October 28th	Out of Class Assignment and IDP Practice - Complete Reading and Quiz on Team Handball (Alternate Reading)	
Week 11 – November 2 nd	Team Handball	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Basketball by Sunday at 11:59PM
November 4th	Out of Class Assignment and IDP Practice - Complete McGraw-Hill Chapter on Basketball	
Week 12 –November 9 th	Basketball	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Pickleball by Sunday at 11:59PM
November 11th	Out of Class Assignment- Complete McGraw-Hill Chapter on Pickleball	

Week 13 – November 16th	Pickleball	1. Discussion Post (Group and Individual) due Sunday at 11:59PM 2. Complete Interactive Activity and Quiz on Yoga by Sunday at 11:59PM
November 18th	Out of Class Assignment- Complete Reading and Quiz on Yoga and work on Final IDPs	
Week 14 – November 23rd	No Class- Thanksgiving Holiday	Work on Final IDPs
November 25th	No Class- Thanksgiving Holiday	
Week 15 – November 30th	Yoga (or fitness class)	Work on Final IDPs
December 2nd	Work on DPs	DPs Due by 11:59pm

* Note: The Schedule is subject to revision

USF Core Syllabus Policies

USF has a set of central policies related to student recording class sessions, academic integrity and grievances, student accessibility services, academic disruption, religious observances, academic continuity, food insecurity, pregnancy and related conditions, and sexual harassment that **apply to all courses at USF**. Be sure to review these online:

<https://www.usf.edu/provost/faculty-success/resources-policies-forms/core-syllabus-policy-statements.aspx>

Student Recordings

Florida Statute 1004.097 Free Expression on Campus

Students may, without prior notice, record video or audio of a class lecture for a class in which the student is enrolled for their own personal, educational use (USF Policy 10-048).

A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach enrolled students about a particular subject. Recording class activities other than class lectures, including but not limited to lab sessions, student presentations (whether individually or part of a group), class discussion, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, private conversations between students in the class or between a student and the faculty member is prohibited. Recordings may not be used as a substitute for class participation and class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the USF Student Conduct Code.

Course Policies: Grades

Attendance Policy: Attendance is mandatory. Promptness, preparation for, and active participation in class is expected. There are many reasons for absences and tardies, (emergencies, sickness, etc.), however, your attendance in class is mandatory. Please review the following policies regarding absences and tardies.

- Each absence will lower your professionalism grade by 10%. However, **STUDENTS SHOULD NOT COME TO CLASS SICK!** If students are sick, they should inform the instructor prior to the missed class. Absence due to illness will be evaluated on a case-by-case basis.
- If a student must miss class due to a **university-sanctioned** event (athletic event, field trip for another class, etc.), or **religious observance**, written notice must be provided to the instructor PRIOR TO the absence.
- Missing more than 3 classes will result in the student needing to repeat the course. This includes absences that are pre-arranged with the instructor and absences due to illness. Students are responsible for all class material when absent--regardless of the reason for the absence. University attendance policy
URL: <http://www.ugs.usf.edu/policy/GeneralAttendance.pdf>
- Arriving late (tardy) or leaving early (for any reason) will lower your Professionalism grade by 10%. Tardies or early departures over 30 minutes are considered an absence (also 10% deduction from the Professionalism points).

Late Work Policy:

All assignments must be submitted by the due date. Late work for any reason will be penalized by 10% each day it is late without prior communication (I can be flexible with dates, however, you need to communicate with me prior to the due

*date.)). Assignments will not be accepted more than one week past the original due date. Students must complete **ALL** assignments to pass the course.*

Extra Credit Policy:

There is no extra credit in the course.

Group Assignment Policy:

Everyone must contribute equitably to a group project. With a group submission, every person in the group will place their name next to the work they completed and submit a short statement of contribution. All members of a group will receive the same score; that is, the assignment is assessed and everyone receives this score. This will occur unless the statement of contribution suggests that a group member contributed significantly less than the other group member(s). The instructor holds the right to adjust grades based upon contribution (or lack thereof). If any major issues arise in working with their groups, please contact your instructor.

Final Examinations Policy: All final exams are to be scheduled in accordance with the University's final examination policy.

Grades of "Incomplete"

The current university policy concerning incomplete grades will be followed in this course. For undergraduate courses: An "I" grade may be awarded to a student only when a small portion of the student's work is incomplete and only when the student is otherwise earning a passing grade. The time limit for removing the "I" is to be set by the instructor of the course. For undergraduate students, this time limit may not exceed two academic semesters, whether or not the student is in residence, and/or graduation, whichever comes first. For graduate students, this time limit may not exceed one academic semester. "I" grades not removed by the end of the time limit will be changed to "IF" or "IU," whichever is appropriate.

Campus Free Expression

It is fundamental to the University of South Florida's mission to support an environment where divergent ideas, theories, and philosophies can be openly exchanged and critically

evaluated. Consistent with these principles, this course may involve discussion of ideas that you find uncomfortable, disagreeable, or even offensive.

In the instructional setting, ideas are intended to be presented in an objective manner and not as an endorsement of what you should personally believe. "Objective" means that the idea(s) presented can be tested by critical peer review and rigorous debate, and that the idea(s) is supported by credible research.

In this course you may be asked to engage with complex ideas and to demonstrate an understanding of the ideas. Understanding and engaging with an idea does not require you to believe it or to agree with it.

Course Policies: Technology and Media

Email: Students should communicate with their instructor using their USF email address. Please allow 24-48 hours for an email response for non-emergency situations.

Canvas: All assignments will be submitted through Canvas unless otherwise notified by your instructor. If you need help learning how to perform various tasks related to this course or other courses being offered in Canvas, please consult the Canvas help guides. You may also contact USF's IT department at (813) 974-1222 or help@usf.edu.

Laptop Usage: Lack of professionalism in class (lack of participation or preparation, checking email, texting, searching the internet, taking phone calls, phone ringing, use of foul language, etc.) will lower your Professionalism grade by 5% for each instance.

Phone Usage: Lack of professionalism in class (lack of participation or preparation, checking email, texting, searching the internet, taking phone calls, phone ringing, use of foul language, etc.) will lower your Professionalism grade by 5% for each instance.

Course Policies: Student Expectations

Health and Wellness

Your health is a priority at the University of South Florida. We encourage members of our community to look out for each other and to reach out for help if

someone is in need. If you or someone you know is in distress, please make a referral at www.usf.edu/sos so that the Student Outreach & Support can contact and provide helpful resources to the student in distress. A 24-hour licensed mental healthcare professional, offered through the counseling center, is available by phone at 813-974-2831, option 3. Please remember that asking for help is a sign of strength. In case of emergency, please dial 9-1-1.

Title IX Policy

USF is committed to fostering a safe and respectful learning environment, free from sex discrimination and sexual harassment, in accordance with Title IX and USF Policy 0-004. If a student shares an experience of sexual harassment, sexual assault, stalking, or relationship violence with a USF employee (including faculty), that employee will notify the Title IX Office. This allows the Title IX Office to send the student an email with information about support resources and options—if it is safe to do so. Students are not required to respond to this email. The Title IX Office is a private resource. Information is shared only on a need-to-know basis to provide students with support measures. To speak to a confidential resource, students may contact USF Center for Victim Advocacy at 813-974-5757. Confidential resources do not notify the Title IX Office unless the student requests it. For more information about Title IX, available resources, or to make a report, please visit www.usf.edu/title-ix.

Course Hero / Chegg Policy

The USF Policy on Academic Integrity specifies that students may not use websites that enable cheating, such as by uploading or downloading material for this purpose. This does apply specifically to Chegg.com and CourseHero.com – almost any use of these websites (including uploading proprietary materials) constitutes a violation of the academic integrity policy.

Professionalism Policy

Per university policy and classroom etiquette; mobile phones, iPods, etc. must be silenced during all classroom and lab lectures. Those not heeding this rule will be asked to leave the classroom/lab immediately so as to not disrupt the learning environment. Please arrive on time for all class meetings. Students who

habitually disturb the class by talking, arriving late, etc., and have been warned may suffer a reduction in their final class grade.

Turnitin.com

In this course, turnitin.com may be utilized. Turnitin is an automated system which instructors may use to quickly and easily compare each student's assignment with billions of web sites, as well as an enormous database of student papers that grows with each submission. Accordingly, you may be expected to submit all assignments in both hard copy and electronic format. After the assignment is processed, as instructor I receive a report from turnitin.com that states if and how another author's work was used in the assignment. For a more detailed look at this process visit <http://www.turnitin.com>.

Netiquette Guidelines

- Act professionally in the way you communicate. Treat your instructors and peers with respect, the same way you would do in a face-to-face environment. Respect other people's ideas and be constructive when explaining your views about points you may not agree with.
- Be sensitive. Be respectful and sensitive when sharing your ideas and opinions. There will be people in your class with different linguistic backgrounds, political and religious beliefs or other general differences.
- Proofread and check spelling. Doing this before sending an email or posting a thread on a discussion board will allow you to make sure your message is clear and thoughtful. Avoid the use of all capital letters, it can be perceived as if you are shouting, and it is more difficult to read.
- Keep your communications focused and stay on topic. Complete your ideas before changing the subject. By keeping the message on focus you allow the readers to easily get your idea or answers they are looking for.
- Be clear with your message. Avoid using humor or sarcasm. Since people can't see your expressions or hear your tone of voice, meaning can be misinterpreted.

Email and Discussion Board Guidelines

- Use the subject line effectively by using a meaningful line of what your email or discussion is about.
- Keep your emails and postings related to the course content. You should not post anything personal on a discussion board unless it is requested by the instructor.

- Any personal, course or confidential issues should be directly communicated to the instructor via email. The discussion boards are public spaces; therefore, any issues should not be posted there.

End of Semester Student Evaluations

All classes at USF make use of an online system for students to provide feedback to the University regarding the course. These surveys will be made available at the end of the semester, and the University will notify you by email when the response window opens. Your participation is highly encouraged and valued.

Food and Drink Policy (for in-campus sessions only).

Please adhere to the firm policy of no beverages (other than bottled/capped water), food, tobacco products, or like items in the classroom. Your understanding of the necessity for this policy and cooperation will be greatly appreciated. This policy will be strictly enforced.

Learning Support and Campus Offices

Academic Accommodations

Students with disabilities are responsible for registering with Student Accessibility Services (SAS) in order to receive academic accommodations. For additional information about academic accommodations and resources, you can visit the SAS website.

[SAS website for the Tampa campus and Sarasota-Manatee Teachout site.](#)

[SAS website for the St. Pete campus.](#)

Academic Support Services

The USF Office of Student Success coordinates and promotes university-wide efforts to enhance undergraduate and graduate student success. For a comprehensive list of academic support services available to all USF students, please visit the [Office of Student Success website.](#)

Canvas Technical Support

If you have technical difficulties in Canvas, you can find access to the Canvas guides and video resources in the “Canvas Help” page on the homepage of your Canvas course. You can also contact the help desk by calling 813-974-1222 in Tampa or emailing help@usf.edu.

[USF IT Services](#)

Center for Victim Advocacy

The [Center for Victim Advocacy](#) empowers survivors of crime, violence, or abuse by promoting the restoration of decision making, by advocating for their rights, and by offering support and resources. Contact information is available online.

Counseling Center

The Counseling Center promotes the wellbeing of the campus community by providing culturally sensitive counseling, consultation, prevention, and training that enhances student academic and personal success. Contact information is available online.

[Counseling Center website for the Tampa campus and Sarasota-Manatee Teachout site.](#)

[Counseling Center website for the St. Pete campus.](#)

Tutoring

The Tutoring Hub offers free tutoring in several subjects to USF undergraduates. Appointments are recommended, but not required. For more information, email asctampa@usf.edu.

[Tutoring website for the Tampa campus and Sarasota-Manatee Teachout site.](#)

[Tutoring website for the St. Pete campus.](#)

Writing Studio

The Writing Studio is a free resource for USF undergraduate and graduate students. At the Writing Studio, a trained writing consultant will work individually

with you, at any point in the writing process from brainstorming to editing. Appointments are recommended, but not required. For more information or to make an appointment, email: writingstudio@usf.edu.

[Writing studio website for the Tampa campus and Sarasota-Manatee Teachout Site.](#)

[Writing studio website for the St. Pete campus.](#)

Student Ombuds Office

Florida Statute 1006.51 and Florida Board of Governors Regulation 6.011 require that all public institutions provide ombuds services to students. The Student Ombuds Office at USF is a confidential, impartial, informal, and independent resource for students experiencing challenges related to the university. Ombuds can help students safely explore options, clarify processes, and consider next steps. [Learn more or make an appointment at usf.edu/student-ombuds.](https://usf.edu/student-ombuds)