



**DLSHSI**  
DE LA SALLE HEALTH SCIENCES INSTITUTE  
*Nurturing Life*



**College of Humanities and Sciences**

Lourdes E. Campos, MD Building  
City of Dasmariñas, Cavite, Philippines  
Trunk Lines: (63) (46) 481-8000 (63) (2) 988-3100  
DLSHSI URL: [www.dlshsi.edu.ph](http://www.dlshsi.edu.ph)  
CHS URL: <https://sites.google.com/site/dlshsichs/>

Local: 5007 (Dean's Secretary) | 1412 (Dean)  
1345 (Dept. of Integrated Humanities and Sciences)  
1408 (Dept. of Chemistry)  
1115 (Chemistry Lab) | 1405 (Biology & Physics Lab)

**COURSE SYLLABUS**

<b>DEPARTMENT</b>	<b>: Integrated Humanities and Sciences</b>
<b>COURSE CODE AND COURSE TITLE</b>	<b>: GE-PHED 104 Team Sports</b>
<b>NUMBER OF UNITS</b>	<b>: 2</b>
<b>PRE-REQUISITE</b>	<b>: GE-PHED101</b>
<b>CLASS DAYS AND CLASS TIME</b>	: _____
<b>ROOM</b>	: _____
<b>INSTRUCTOR/PROFESSOR</b>	: _____
<b>CONSULTATION HOURS</b>	: _____

**COURSE DESCRIPTION:**

This course deals with the higher form of competitive motor play. Three (3) or more participants play showing their skills and strategies and observing rules and regulations. This course also aims to let the participants feel the joy and satisfaction in playing through team effort.

**LEARNING OUTCOMES:**

- LO1: Understanding of basic concepts across the domains of knowledge
- LO2: Appreciation of various human conditions
- LO3: Capacity to personally interpret human experience
- LO4: Ability to view the contemporary world from both Philippine and global perspective
- LO5: Capacity to reflect critically and shared concerns and think of innovative, creative solutions guided by ethical standards
- LO6: Understanding and respect for human rights
- LO7: The ability to contribute personally and meaningfully to the country's development
- LO8: Working effectively in a group
- LO9: Ability to solve problems (including real world problems)
- LO10: Knowledge of basic work related skills

**LEARNING PLAN:**

TOPIC/S	INTENDED LEARNING OBJECTIVES	TEACHING/LEARNING STRATEGIES	METHOD/S OF ASSESSMENT
Orientation 1. Syllabus 2. Class policies 3. Gym Usage Course Requirements	Exhibit awareness and knowledge of the facilities and equipment in the De La Salle Animo Center, grading system and house rules.	Establishing rapport with the class thru game entitled “Getting to Know”. Discussion of the Expectations of both Professor and Students. Tour around the Animo Center	Presentation of Expectations
<b>HISTORICAL DEVELOPMENT OF VOLLEYBALL/RULES OF THE GAME</b> 1. History 2. Terminologies 3. Facilities and Equipment a. court b. net c. ball 4. Rules of the Game a. scoring procedure b. violations 5. Safety Principles 6. Basic/Advanced Skills	Discuss the history and origin of volleyball.  Identify the different terminologies used in the game.  Show knowledge of the different facilities and equipment, rules of the game and safety principles.  Enumerate the basic and advanced skills in volleyball.  Explain the mechanics of the game.	Lecture-Demonstration Method Group Discussion Cooperative Learning Method	Quiz Recitation Written Test
<b>BASIC SKILLS</b> 1. Reception/Passing	Execute reception/passing with correct stance and posture.	Lecture-Demonstration Method Practice of skills	Practical Test Perform 20 bump pass

a. forearm pass b. overhead pass 2. Service a. underhand service b. overhead service	Able to bring the ball over the net in service.  Know the importance of service.  Learn and execute the different types of service.	Group practice Execution of skills	Perform 10 dig pass with partner Perform 10 service using one type of service
<b>FIRST COMPREHENSIVE ASSESSMENT</b>			

<b>TOPIC/S</b>	<b>INTENDED LEARNING OBJECTIVES</b>	<b>TEACHING/LEARNING STRATEGIES</b>	<b>METHOD/S OF ASSESSMENT</b>
ADVANCED SKILLS 3. Set/Toss 4. Spike 5. Block	Execute the basic skills following proper arms and feet movement.  Execute basic skills in stationary position, moving sideward, and moving forward.	Lecture-Demonstration Method Cooperative Method Practice of skills Lead Up Games	Practical Test Playing the game every meeting to practice strategies and techniques in playing with the team
OFFICIALS IN VOLLEYBALL COMPETITION 1. Officiating Officials 2. Hand Signals	Analyze the information regarding rules and regulations before applying to game situation.  Review rules and team formation.	Discussion/Demonstration Team Practice Mirror Technique Single round robin	Practical Test Playing the game every meeting to practice strategies and techniques in playing with the team
OFFICIATING GAME COMPETITION	Establish rapport with one another.  Develop teamwork and camaraderie.  Practice and observe discipline and sportsmanship in playing the game.	Lecture-Demonstration Method Cooperative Method Group dynamics Draw lots	Practical Test Class Tournament

	<p>Exhibit awareness and knowledge in game officiating.</p> <p>Participate in the activity with full cooperation.</p> <p>Apply the rules learned.</p>		
<b>SECOND COMPREHENSIVE ASSESSMENT</b>			

<b>TOPIC/S</b>	<b>INTENDED LEARNING OBJECTIVES</b>	<b>TEACHING/LEARNING STRATEGIES</b>	<b>METHOD/S OF ASSESSMENT</b>
<p><b>HISTORICAL DEVELOPMENT OF BASKETBALL/RULES OF THE GAME</b></p> <ol style="list-style-type: none"> <li>1. History</li> <li>2. Terminologies</li> <li>3. Facilities and Equipment               <ol style="list-style-type: none"> <li>a. court</li> <li>b. ball</li> </ol> </li> <li>4. Basic Skills</li> <li>5. Rules of the Game               <ol style="list-style-type: none"> <li>c. scoring procedure</li> <li>d. violations</li> </ol> </li> <li>6. Safety Principles</li> </ol>	<p>Discuss appropriately the history of Basketball and identify the different terminologies used in the game.</p> <p>Show knowledge of the different facilities and equipment, rules of the game and safety principles.</p> <p>Enumerate the fundamental skills in basketball.</p> <p>Explain the mechanics of the game.</p>	Lecture/Discussion	<p>Quiz</p> <p>Recitation</p>
<p><b>BASIC SKILLS</b></p> <ol style="list-style-type: none"> <li>1. Passing and Catching</li> </ol>	Identify the facilities and equipment of the game.	<p>Warm-up</p> <p>Team practice</p>	Practical Test

<ul style="list-style-type: none"> <li>a. Chest pass</li> <li>b. Bounce pass</li> <li>c. Overhead pass</li> <li>d. Baseball pass</li> <li>e. Behind the back</li> </ul> <p>2. Shooting</p> <ul style="list-style-type: none"> <li>a. Jump shot</li> <li>b. Layup shot</li> <li>c. Side shot</li> <li>d. Hook shot</li> </ul> <p>3. Dribbling</p>	<p>Execute the fundamental skills correctly.</p> <p>Familiarize oneself in handling the ball.</p> <p>Execute correct passing, dribbling and shooting with accuracy.</p> <p>Demonstrate the correct body form in the execution of the dribbling skills.</p> <p>Identify when to use a specific pass during play.</p> <p>Execute the learned skills in actual game.</p>	<p>Demonstration of skills</p> <p>Individual Execution</p> <p>Buddy system</p> <p>Single round robin</p>	<p>10 shots</p> <p>Perform passing with partner</p> <p>Perform dribbling with obstacle</p> <p>*Playing the game every meeting to practice strategies and techniques in playing with the team</p>
<p><b>OFFICIATING GAME COMPETITION</b></p>	<p>Exhibit awareness and knowledge in officiating the game.</p> <p>Practice and observe discipline and sportsmanship in playing the game.</p> <p>Identify the officials of the game.</p> <p>Perform the duties of officials before, during and after the game.</p> <p>Apply rules learned through participation in actual class competitions.</p>	<p>Discussion</p> <p>Group dynamics</p> <p>Draw lots</p>	<p>Practical test</p> <p>Class Tournament</p>
<p><b>THIRD COMPREHENSIVE ASSESSMENT</b></p>			

**FINAL COURSE OUTPUT:**

As evidence of attaining the above learning outcomes, the students are required to do and submit the output as indicated.

<b>LEARNING OUTCOMES</b>	<b>REQUIRED OUTPUT</b>	<b>DUE DATE</b>
LO 1- LO 10	1. Officiating 2. Inter-Class Competition	March 2016

**RUBRIC FOR ASSESSMENT:**

<b>CRITERIA</b>	<b>EXEMPLARY 4</b>	<b>SATISFACTORY 3</b>	<b>DEVELOPING 4</b>	<b>BEGINNING 5</b>	<b>RATING</b>
<b>PERSON-ORIENTED</b>  Mastery	The skills are executed properly and team work, unity, cooperation, and sportsmanship are developed.	The skills are almost executed properly and team work, unity, cooperation, and sportsmanship are developed.	The skills are quite executed properly and team work, unity, cooperation, and sportsmanship	The skills are not executed properly.	
<b>GOD-LOVING</b> Agility/ Flexibility/ Coordination	The students respond quickly following the proper body mechanics recognizing it as a gift of God to man.	The students respond with moderate speed following the proper body mechanics recognizing it as a gift of God to man.	The students respond with low speed following the proper body mechanics recognizing it as a gift of God to man.	The students are not able to hit the ball.	
<b>PATRIOTIC HEALTH PROFESSIONAL</b>  Basic and Advanced	Techniques are executed with high awareness as means of striving for accuracy and precision that is a remarkable trait of a patriotic health care	Techniques are executed with proficiency as means of striving for accuracy and precision that is a remarkable trait of a patriotic health care professional.	Techniques are executed with few errors as means of striving for accuracy and precision that is a remarkable trait of a patriotic health care professional.	Techniques are improperly executed.	

Skills	professional.				
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**OTHER REQUIREMENTS AND FORMS OF ASSESSMENTS:**

Aside from the final output, the students are assessed at other times during the term by the following:

1. Group report/Group Presentation
2. Quizzes/Practical Test/Written Exam
3. Participation in Ako at Si Kuya Juan Event
4. One Research Day/Alternative Class per Term

\*Rubric for each method of assessment will be used.

**LEVELS OF ASSESSMENT:**

The students will be graded according to the following:

<b>PRELIM/MIDTERM</b>	Criteria	<b>FINAL TERM</b>	Criteria
Class Participation/Uniform	25%	Class Participation/Uniform	30%
Practical Test/Quiz/ Assignment	35%	Final Output: Group Competition	70%
Major Examination	40%		
<b>TOTAL</b>	<b>100%</b>		<b>100%</b>

**REFERENCES:**

Alvarez, M. et.al., (2011). *Physical education 4 : team sports*. Mandaluyong City : Books Atpb. Publishing.  
 Crean, T. and Pim R. (2007). *Coaching team basketball : develop winning players with a team-first attitude*. New York : McGraw-Hill.  
 Davis, B. (2005). *Physical education and the study of sport*. USA: Jan Roscoe Publication.  
 Fahey, T.D. (2009). *Fit & well (8<sup>th</sup> ed.)*. New York: The McGraw Hill Companies.  
 Kenny B. and Gregory C. (2006). *Volleyball : steps to success*. Champaign, IL : Human Kinetics  
 LeBoeuf, M. (2008). *Fit & active*. USA: Human Kinetics, Inc.

Waite, P. (2009). *Aggressive volleyball*. Champaign, ILL : Human Kinetics.

Wuest, D & Fisette J. (2009). *Foundations of physical education, exercise, science, and sport*. New York: The McGraw Hill Companies

## **CLASS POLICIES:**

1. Students are allowed 20% of the total number of school days or 14 hours of absences inclusive of tardiness. All absences after that shall mean excessive absences, which will merit a grade of 0.00. Attendance policies found in the Student Handbook apply.
2. Should the students fail to submit a requirement the following will be considered such that:
  - a. they will be given a score of zero (0) with a corresponding grade of zero percent (0%) in a requirement which is not submitted under the following conditions:
    - a.1. they are given a chance to make-up for the said requirement and
    - a.2. they are given enough time to work on the make-up requirement.
  - b. they will be given a score of zero (0) with a corresponding grade of zero percent (0%) in a quiz which is given during their absence, under the following conditions:
    - b.1. the absence is unexcused;
    - b.2. they are offered a make-up quiz and still fail to show-up during the given time and
    - b.3. they are given enough time to prepare for the make-up quiz.
  - c. In case the students submitted a requirement given by the instructor/professor to make-up for their lost grade, a certain percent will be deducted on their actual grade.
    - c.1. The deduction will be determined by the subject teacher.
  - d. Home works will be due at the beginning of the class. No homework shall be accepted thereafter.
  - e. Special major examinations are scheduled a week after the administration of the major examinations. No special examination will be given thereafter EXCEPT IN SPECIAL SITUATIONS. Moreover, there are no special practical examinations that will be given to those who failed to take it on the scheduled date.
4. Students are expected to participate in small-group exercises and/or other class learning activities.
5. Cellular/Mobile phones and the likes should always be in silent mode during class hours; the use of cellular phones is prohibited in class unless a special permission is sought. Tablets and laptops may be used to take down notes and may not be used to browse online resources at the time of discussion otherwise such devices will be confiscated throughout the duration of the class except with the permission of the professor.
6. Cheating and plagiarism in any form will merit a final grade of 0.00. To avoid cheating during examinations, handkerchief, jackets and gadgets like cellphones, tablets and calculators (teacher's prerogative) should be placed inside the school bags. Furthermore, these school bags should be placed in front of the teacher's table.
  - a. Plagiarism is a form of cheating which will be strictly dealt with, in accordance to the provisions stipulated in the Student's Manual.



7. Any concerns (teaching, grades, interrelationship inside and relative to the class, etc.) should be properly addressed to the subject-teacher for appropriate action. Students may seek the help and guidance of their academic/registration adviser in resolving the issue with the subject-teacher.

*All policies (attendance, tardiness, decorum, grievances, etc) will be subject to the provisions of the latest version of the Student Handbook.*

**ENDORSED:**



**ELLEN JOY P. PACUDAN, MA**

*Cluster Coordinator,*

*Health and Human Performance and Development*

**RECOMMENDING APPROVAL:**



**ILUMINADA A. RONIO, MSc**

*Department Chair*

**APPROVED:**



**MARGEL C. BONIFACIO, RCh, PhD**

*Dean*