

KINESIOLOGY PROJECTS:

INTERVIEW:

- Pick one person to interview in the Kinesiology field;
- **TYPE a one-two page report on your findings in an Essay form.**
- Interview, including and not limited to the following questions:
 1. Why did you choose your profession?
 2. Describe a typical day from your career.
 3. What do you not like about your career?
 4. What do you love about your career?
 5. Name some strategies and your advice to address a healthier lifestyle.
 6. What inspires you?
 7. Where did you get your education?
 8. What advice do you have for someone who wants to be in your field?
 9. Name something you are most proud of...
 10. Name a meaningful experience you've had and how it shaped you to pursue work in your career.
 11. Where do you see yourself in 10 years?
 12. Any life advice or other comments for me?

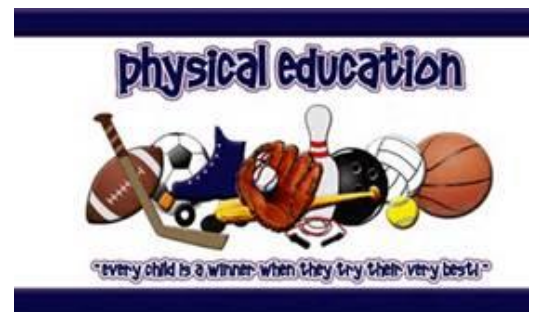


KIN 100 RESEARCH PROJECT/ PRESENTATION:

Groups will write a research paper on an area in the kinesiology/physical education curriculum. They will then teach the class the area of the kinesiology/physical education curriculum that they chose to research. They will create a **LESSON PLAN** that includes: Objectives and Goals, Anticipatory Set (Intro), Direct Instruction, Guided Practice, Closure, Independent Practice, Required Materials and Equipment, and Assessment and Follow-Up. **TYPE UP a 5+ page report** to accompany project as a group. The report should be about the sport or activity, its history or background, the rules or guidelines, the fundamentals (skills and techniques), equipment, strategy or methods, games, and/or anything else pertinent to your sport/activity and its lesson. It needs to include at least **4 REFERENCES** (MLA or APA) from different sources. Teaching presentation needs to be a minimum of 10 minutes, maximum 20 minutes. All members of the group must participate and input information for the paper and project.

YOU WILL BE GRADED ON:

- Stage Presence
- Use of Technology/Equipment
- Knowledge of Subject
- Engagement with Students
- Quality/Effectiveness of Handouts (or visuals)
- Quality of Lesson Plan



LESSON PLAN:

- **Objectives and Goals:** What do you want to accomplish?
- **Anticipatory Set (Intro):** How do you get the excited or interested in the lesson?
- **Direct Instruction:** How are you going to teach them to do the activity or sport? Explain and/or Demo?
- **Guided Practice:** You will have them perform the activity/sport and coach them through the process.
- **Closure:** Bring them in at the end and summarize what you just taught them.
- **Independent Practice:** What homework would you give them to practice their new skills?
- **Required Materials and Equipment:** What is needed to teach your lesson?
- **Assessment and Follow-Up:** How will you test them to see if they've been practicing their skills and retained the info?

REPORT (PAPER):

- Its history or background
- The rules or guidelines
- The fundamentals (skills and techniques)
- Equipment
- Strategy or methods
- Games
- Anything else pertinent to your sport and its lesson

Basketball Research Paper Example:

- Nature and Purpose
- History
- Court or Field of Play
- Equipment
- Suggested Learning Sequence
- Skills and Techniques
- Modified & Lead Up Games
- Playing Strategy
- Skill Assessment

Aerobic Dance Research Paper Example:

- Nature and Purpose
- History
- The Classroom
- Equipment
- Program Fundamentals
- Aerobic Dance Elements
- Flexibility
- Circuit & Interval Training with Aerobic Dance
- Safety Considerations
- Skill Assessment

Example of Lesson Plan for Basketball:

Topic- Basketball Skills Fundamentals:

Objectives and Goals:

- Demonstrate the different skill fundamentals.
- Review and teach the different fundamentals of basketball skills.
- Explain the key points and common errors in the basic skills.
- Practice performing, observing, and coaching the basketball skills fundamentals.

Anticipatory Set- Intro (approximate time- 5min):

- Discuss ZHealth and the videos
- Discuss style versus skills.

Direct Instruction and Guided Practice (approximate time-45):

- Watch the Video for each skill and then practice each skill for 2min or 10 reps each.



- Basketball Grips
- Basketball Catch
- Basketball Crossover
- Basketball Dribble
- Basketball Layup
- Basketball Pass
- Basketball Shooting
- Basketball Triple Threat Stance

Closure (approximate time- 3 min):

- Review the skills and that you cannot develop style until you master the skills.
- Ask for any questions.

Independent Practice:

- Practice one skill a day to master or include in your current training routines.

Required Materials and Equipment:

- Videos, Basketballs, Handouts

Assessment and Follow-Up:

- Practice Skills Sheet, Mid-term, and Teaching Demonstration at end of semester

Example of HANDOUT for Basketball Skills Fundamentals:

Basketball Catch:

- Always move to intercept the line of the ball.
- Receive the ball moving toward the chest or face.
- Think big hands with wide fingers.
- Use about a Level 3 finger tension.
- Reach out as the ball approaches.
- Pull the ball in or suck it in like a vacuum.
- Follow the pass all the way into the hands.



Basketball Crossover:

- Dribble with dominant hand (demoed right--- for left hand, do the opposite below)
- Approach with small steps to read the defense.
- At two steps away, take a step with your left foot.
- Push with the left foot to move your body to the right.
- Lower shoulder to "sell" the move.
- Look for signs of "buying" the fake.
- Push hard with the right foot and sidestep your opponent.
- Switch the ball to the left hand with a quick, low bounce.
- Take a big stride with the right foot beside and past the defender.

Basketball Dribble:

- Dribble on the side, never repeatedly in front.

- Use your fingertips, never the palm.
- Lower your body.
- Eyes up, looking forward.
- Dribble rapidly at waist level or below.
- Dribble the ball hard, it should be done quite violently.
 - Switching the ball:
 - Bounce the ball across, hard and quick.
 - Shift the momentum towards the new direction.

Basketball Layup:

- Dribble the ball to the basket.
- Jump off your opposite foot from your shooting hand.
- Bounce the ball off the backboard just inside the painted box.
 - Optional release:
 - 'Standard' shooting release with palm facing forward.

Basketball Pass:

- Thumbs pointed down behind the ball.
- Fingers spread wide.
- Eyes on the target.
- Begin with the ball close to the chest.
- Push out to drive the ball toward the target.
- Thumbs pointed down on the follow through.
- Palms are out on the finish of the pass.

Basketball Shooting:

- Hand should be centered in the middle of the ball.
- Thumb and little finger hold the ball.
- Fingers form a 'W'.
- Hold ball on fingertips, not palm.
- Eyes focused 2" above the rim.
- Feet slightly angled, approx. 105 degrees.
- Hips and knees bent approx. 60 degrees.
- Maintain 80-90 degree bent arm throughout shooting stroke.
- Wrist in full extension.
- Drive shooting arm straight up.
- Emphasize an even symmetric push with fingers.
- Finish shot with a straight arm.
- Elbow above eye.

Example of Lesson Plan for Football:

Topic- Football Skills Fundamentals:

Objectives and Goals:

- Demonstrate the different skill fundamentals.
- Review and teach the different fundamentals of football skills (grips, throwing, & catching).
- Explain the key points and common errors in the basic skills.
- Practice performing, observing, and coaching the football skills fundamentals.



Anticipatory Set- Intro (approximate time- 5min):

- Discuss football and the videos
- Discuss style versus skills (examples).

Direct Instruction and Guided Practice (approximate time-45):

- Watch the Video for each skill and then practice each skill for 5min or 10 reps each.
 - Football Grips
 - Above Waist
 - Below Waist
 - Football Throw
 - Football Catch
 - Above Waist
 - Below Waist
 - Football Throwing and Catching with movement
 - Free Route Throwing

Closure (approximate time- 3 min):

- Review the skills and that you cannot develop style until you master the skills.
- Ask for any questions.

Independent Practice:

- Practice one skill a day to master or include in your current training routines.

Required Materials and Equipment:

- Videos, Footballs, Handouts

Assessment and Follow-Up:

- Practice Skills Sheet, Mid-term, and Teaching Demonstration at end of semester

Example of HANDOUT for Football Skills Fundamentals:



Football Grips:

- Index finger toward end of ball, roughly parallel to seam.
- Middle finger roughly parallel to white stripe.
- Ring and pinky finger spread and positioned on seams.
- Thumb almost directly across from middle finger, forming a C-shape between thumb and middle finger.
- Catching Grip:
 - Biggest mistake: people catch with their palms and not fingertips.
 - Level 3 tension on fingers.
 - Diamond or triangular shape with index fingers and thumb.
 - Catch with just fingertip contact.

Football Throw:

- Begin with feet shoulder width apart and facing the target.
- Step back and plant foot perpendicular to throwing lane.
- Plant on instep, 80% of weight on rear foot.
- 'Set' ball on ear with the plant hand, and 'jam' ball into the top hand.
- Keep shoulders forward; don't let hips or shoulders go back over plant foot.
- Next
- Point front shoulder, hip, foot, and lead arm at the target.
- Lock hips and 'cock' your shoulder at 90 degrees, forming a big 'L'.
- Point tip of football directly behind you.
- Next
- Begin the throw by pushing off the rear instep.
- Transfer weight forward over the lead leg.
- Rotate shoulders and hips toward the target.
- Keep elbow parallel to the ground and ahead of your hand.
- Next
- Pull on ball with tricep and elbow as you start the ball forward.
- Accelerate hand speed through throwing motion.
- Emphasize a 'half circle' motion.
- Next
- Aim for a high release.
- Elbow should reach full extension.
- Next
- Snap the wrist forward, pronating the hand.
- Pointing fingers at target.
- Index finger is last finger to leave the ball.
- Next
- Follow through at the target, not across the body.
- Finish with 90% of weight over the front foot, knee slightly bent.

Football Catch:

- Always catch with the fingertips, not the palms.

- Hands make a diamond with thumbs together.
- Fingertips pointed up, not forward.
- Next
- Catch the ball in front of the body.
- Maintain 3/10 level tension in the fingers.
- Next
- “See the tip- catch the fat.”
- Use fingers, hands, wrists, and arms to absorb ‘the shock’.
- Pull the ball in.
- next
- Catching below the waist:
 - Always catch with the fingertips, not the palms.
 - Pinkies together forming a basket.
 - Catch the ball out in front of the body.
 - Maintain 3/10 level tension in the fingers.
 - Fingers should point down, not forward.
 - next
 - “See the tip- catch the fat.”
 - Use fingers, hands, wrists, and arms to absorb ‘the shock’.
 - Pull the ball in.