

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 270 – COOPERATIVE GAMES

1 hour lecture, 1 unit

Catalog Description

Instruction in planning and implementing cooperative games for physical education/activities involving pre-school and elementary school-age children in a variety of settings. The philosophy behind the need for cooperative games will be explored, as well as the importance of incorporating movement into daily life.

Prerequisite

None

Course Content

- 1) Finding and creating your own play equipment
- 2) Developing age and developmentally appropriate cooperative games
- 3) Presenting cooperative games, programs and play days
- 4) Planning effective inside games/play
- 5) Parachute activities

Course Objectives

Students will be able to:

- 1) Describe the concept of cooperative activity.
- 2) Describe the benefit of cooperative games versus competitive games.
- 3) Describe the benefits of physical activity for children.
- 4) Describe and or demonstrate an hour of cooperative activity for children.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to appraise, identify, explain, describe and/or provide examples of exercises and other activities that are non-competitive and provide appropriate physical activity opportunities for children.
- 2) Present age-appropriate teaching segment demonstrating the ability to lead children in cooperative game activities.

Special Materials Required of Student

Proper attire, court shoes

Minimum Instructional Facilities

Lecture classroom

Method of Instruction

- 1) Lecture
- 2) Class discussion
- 3) Online assignments

Out-of-Class Assignments

- 1) Lesson plans

- 2) Assigned reading
- 3) Written review of field observation
- 4) Research for new games

Texts and References

- 1) Required (representative example): None
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Define “cooperative activity.”
- 2) Compare the benefits of cooperative games to those of competitive games.
- 3) List the benefits of physical activity for children.
- 4) Demonstrate and lead an hour of cooperative activity for children.