



DR. CARLOS S. LANTING COLLEGE

Department of Teacher Education

16 Tandang Sora Ave., Sangandaan Nova. Quezon City
e-mail add: info@lantingcollege.com website: www.lantingcollege.edu.ph



OUTCOMES BASED COURSE SYLLABUS

I. COURSE TITLE: TEAM SPORTS

II. COURSE CODE: P.E. 4

III. COURSE DESCRIPTION:

The course serves as an instrument in the development and improvement of skills, particularly, in sports. The main purpose of this course is to provide comprehensive and useful guide activities for students taking PE 4, Team Sports. It intends to broaden student's concepts in playing different kinds of team sports (Basketball and Volleyball for instance) and how the different skills execute correctly and find participation in activity as a way of enhancing and promoting fitness and wellness.

IV. COURSE CREDIT: Units: 2 Lecture Hrs.: 0 Laboratory Hrs.: 2

V. PRE-REQUISITES: NONE

VI. INSTITUTION VISION AND MISSION STATEMENTS

VISION

DCLC aims to be one of the country's leading colleges in providing quality education.

MISSION

To produce competent graduates who can contribute to nation building

VII. INSTITUTIONAL OUTCOMES (IO)

IO	Operational Indicators
IO1. Collaborative, Creative and Critical Thinkers and	➤ Communicates in contribution to ➤ Work to understand the point of view of others

Information Competent	<ul style="list-style-type: none"> human development ➤ Assess and critic social issues ➤ Respect legal restrictions in all forms of communication 	<ul style="list-style-type: none"> ➤ Strive on ways for other voices to be heard ➤ Organize information logically and consider alternate strategies ➤ Use technology as a tool to collect and evaluate information
IO2: Personally, Socially and Ethically Responsible	<ul style="list-style-type: none"> ➤ Focused on the commitment to serve humanity ➤ Uphold social justice 	<ul style="list-style-type: none"> ➤ Demonstrate leadership skills using moral means ➤ Act with honesty and decency ➤ Display belief and honor in all human potentials
IO3. Life-long Learners, Career Skilled and Professionally Spirited	<ul style="list-style-type: none"> ➤ Productive and shows multi-cultural competence ➤ Manifest strong will and determination on tasks ➤ Make lives better for others with integrity 	<ul style="list-style-type: none"> ➤ Engage in respectful and professional practices ➤ Propose and formulate solutions to problems ➤ Effectively present attitude and learning in the theoretical and applied fields
IO4. Regionally and Globally Civic Conscious	<ul style="list-style-type: none"> ➤ Demonstrate knowledge of his own community or society ➤ Initiate change to impact community positively ➤ Respond to the needs of communities through associations and sustainable techniques 	<ul style="list-style-type: none"> ➤ Make best use of knowledge infused with Filipino cultural -values ➤ Undertake lead and support roles in civic organizations to augment community needs ➤ Capable and effective in meeting the necessities of the society and its people

VIII. PROGRAM OUTCOMES (PO)

Upon completing the program, the graduates have the ability to:

1. Articulate and discuss the latest developments in the specific field of practice.
2. Effectively communicate in English and Filipino, both orally and in writing.
3. Work effectively and collaboratively with a substantial degree of independence in multi-disciplinary and multi-cultural teams.
4. Act in recognition of professional, social, and ethical responsibility.
5. Preserve and promote “Filipino historical and cultural heritage”.

IX. COURSE LEARNING OUTCOMES (CLO)

At the end of the course, the learner

1. Understand the history/background of basketball and volleyball games..
2. Know the facility and equipment needed to play basketball and volleyball.
3. Demonstrate the skills used correctly and with accuracy.
4. Familiarize with the game officials and the rules and regulation of the game.
5. Officiate a basketball and volleyball games.
6. Participate in physical activities as way of enhancing and promoting good health and fitness.

X. Learning Plan

Course Learning Outcomes (CLO)	Intended Learning Outcomes (ILO)	TOPICS	Teaching and Learning Activities (Methodology)	Assessment	Resources	Week
General Orientation	Be able to get acquainted with the organizational chart of the school administrations, school philosophies, mission-vision	<p>A.1 School Officials</p> <p>a. The Executive Committee</p> <p>A. The Graduate Studies</p> <p>B. Faculty Members</p> <p>C. Institutional, Philosophy,</p> <p>D. Program Objectives and Outcomes</p> <p>A.2. Rules and Regulations</p> <p>A. Proper Decorum</p> <p>B. Attendance</p> <p>C. Evaluation Criteria</p> <p>D. Grading System</p> <p>A.3 Academic Requirements and Concerns</p> <p>A. Reports and</p>	Online Class Lecture-Discussion	Google Classroom for; NA	Student's Hand Book and School Manual on School Rules and Regulations	Week 1

		Projects B. Academic Prompts and C. Examination A.4 Classroom Management A. Class Consultations B. Individual Counseling				
CLO 1 Discuss the short historical background of Basketball game. CLO 2 Enumerate and explain the needed facility and equipment of the game CLO 3 Explain the objective or how the game should be played.	The students are expected to understand the historical background, its facilities and equipment, objectives and terminologies used in Basketball game; the skills and proper execution to be able to be effective players of the game.	Attendance, 1.1 Course Definition and Introduction of Basketball A. Historical background of the game B. Facility and Equipment C. Objectives D. Terminologies and Mechanics of the Game	Online Class Lecture-Discussion Powerpoint Presentations/Google Slides Recorded Video Lectures Videoclips Resource person (Basketball player or College Varsity)	Google Classroom for; Activities Interactive Quiz Drill/Practices/ Video recorded Performance with the used of created rubrics	PE 4 Team Sports Book YouTube Videos Of Basketball Basic Skills Resource person (Basketball player or College Varsity) Online/Website learning materials (such as FIBA International Rules)	Week 2

<p>CLO 4 Apply the correct procedure in skill execution</p>	<p>The students are expected to understand the historical background, its facilities and equipment, objectives and terminologies used in Basketball game; the skills and proper execution to be able to be effective players of the game.</p>	<p>Attendance, Review of Previous Topic, Warm up Activities and Lead Up Games in Line with Basketball</p>	<p>Online Class Lecture-Discussion Powerpoint Presentations/Google Slides Recorded Video Lectures Videoclips Resource person (Basketball player or College Varsity)</p>	<p>Google Classroom for; Activities Interactive Quiz Drill/Practices/ Video recorded Performance with the used of created rubrics</p>	<p>PE 4 Team Sports Book YouTube Videos Of Basketball Basic Skills Resource person (Basketball player or College Varsity) Online/Website learning materials (such as FIBA International Rules)</p>	<p>Week 3</p>
<p>CLO 5 Discuss the importance of each skill in Basketball CLO 6 Demonstrate to the class the proper execution of each</p>	<p>The students are expected to understand the historical background, its facilities and equipment, objectives and</p>	<p>D. Basic Skill in Passing and Receiving/Catching 1. Types of Passing a. Chest Pass b. Bounce Pass c. Overhead Pass d. Baseball Pass e. Stride Pass</p>	<p>Online Class Lecture-Discussion Powerpoint Presentations/Google Slides Recorded Video</p>	<p>Google Classroom for; Activities Interactive Quiz Drill/Practices/ Video recorded Performance with</p>	<p>PE 4 Team Sports Book YouTube Videos Of Basketball Basic Skills</p>	<p>Week 4</p>

skill with proper footing with care.	terminologies used in Basketball game; the skills and proper execution to be able to be effective players of the game.	2. Catching or Receiving	Lectures Videoclips Resource person (Basketball player or College Varsity)	the used of created rubrics	Resource person (Basketball player or College Varsity) Online/Website learning materials (such as FIBA International Rules)	
CLO 7 Identify and enumerate the different kinds of shooting CLO 8 Execute properly the different kinds of shooting CLO 9 Find enjoyment and fun while practicing the different kinds of shooting	The students are expected to understand the historical background, its facilities and equipment, objectives and terminologies used in Basketball game; the skills and proper execution to be able to be effective players of the game.	D. Basic Skill: Shooting 1. Types of Shooting a. One-hand Set Shot b. Jump Shot c. Lay-up Shot d. Hook Shot	Online Class Lecture-Discussion Powerpoint Presentations/Google Slides Recorded Video Lectures Videoclips Resource person (Basketball player or College Varsity)	Google Classroom for; Activities Interactive Quiz/Google Forms Drill/Practices Performance with the used of created rubrics	PE 4 Team Sports book Video clips from Youtube Basketball and Improvised Basket Online Basketball game apps.	Week 5-6
		PRELIM EXAMINATION				Week 7

XI. COURSE REQUIREMENTS:

- A. Attendance not less than 80% of the required class hours
- B. Class participation during discussion
- C. Course Assignments: A variety of short exercises and activities will be required in the course

XII. GRADING SYSTEM:

EVALUATION CRITERIA:

Students are evaluated to determine whether learning objectives and competencies have been attained. Included in the evaluation techniques use by Dr. Carlos S. Lanting College are the following:

- 1. Instructor’s judgment through oral recitation
- 2. Seat works, activities, dynamic exercises, quizzes
- 3. Research/field/library work, project output
- 4. Major examinations, oral presentation, and/or other necessary evaluation tools.

GRADING SYSTEM

The average system of rating under graduate subjects is as follows:

1.00	98- 100%
1.25	95 -97%
1.50	92 -94%
1.75	89 -91%
2.00	86 -88%
2.25	83 -85%
2.50	80 -82%
2.75	76 -79%
3.00	75 -passed
5.00	74&below-Failed

Minimum Rating for passing the course in the graduate studies is **2.0**

Bases for Grading:

A. Non-Laboratory Subjects

1. Class Standing- This includes recitation, participation in daily activities, and/or projects or term papers/reports and behavior.
2. Major Examination - This includes the Preliminary, Midterm and Final Examinations [(Prelim Grade + Midterm Grade + Final Grade) / 3 = General Ave]
3. Quizzes
4. Attendance

THE AVERAGING SYSTEM of reporting shall be followed

COMPUTATION:

a. Attendance	10%
b. Class Standing	20%
c. Quizzes	30%
d. Major Exam	40%
	<hr/>
	100%

ATTENDANCE:

The maximum hours of accumulated absences that may be allowed are:

For 5 units Subject	15 class hours
For 4 units Subject	12 class hours
For 3 units Subject	9 class hours
For 2 units Subject	6 class hours
For 1 units Subject	1 class hours

Students who have incurred absences more than the maximum allowed in a particular subject as well as those who fail to drop officially a subject before the second periodical examinations shall get a grade of 5.0 in full subject.

XIII. REFERENCES:(Note: List down updated and appropriate/ suitable textbooks and references.)

1. Andin: Organizational and Management of Physical Education and Sport 2014
2. Physical Education 4, Team Sports by Alvarez, M et.al, Books Atbp. Publishing Corp.
3. The Teaching of Physical Education in Philippine Schools, Andin, Clarita; Rex Publishing House.
4. The FIBA and FIVB Rule Book

Prepared by:



MARIA LINDA L. HABLA
Faculty Member

Reviewed and Verified by:

Mr. Adonis F. Cerbito
CDDC Member

Approved by:

Dr, Juliefer S. Fernando
Head, DTE