

**San José State University**  
**Kinesiology**  
**KIN 13A-01, Beginning Rugby, 41305, Fall Semester, 2017**

**Course and Contact Information**

**Instructor:** James Fonda  
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**Office Hours:** Monday 12-2pm  
**Class Days/Time:** Monday 9:30am-11:00am  
**Classroom:** South Campus

**Course Format**

**Faculty Web Page and MYSJSU Messaging**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

**Course Description**

This course is designed to familiarize the student with the rules, skills and basic concepts of modern Rugby Union Football. The class will equip the student to become an informed rugby spectator and or participant

## **Course Learning Outcomes (CLO)**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills, technique, related to rugby.
- Understanding the Rugby Culture
- Proficiency in execution of the skills covered.
- An understanding of the strategies, safety and etiquette associated with rugby.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with rugby.

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

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Other Readings**

Other readings will be posted on Canvas  
USA Rugby Game Management Hand Out

Suggested Readings:

1. Legacy What the All Blacks Can Teach Us About the Business of Life by James Kerr

### **Other technology requirements / equipment / material**

Mouth guard, cleats, water for hydration

### **Course Requirements and Assignments**

\*This course does require you to read and submit written assignments as well as your skills for rugby. There are two skills test that will be based on your skills and efficiency in those rugby skills, this includes effort, improvement in fundamentals.

The rest of your grade is based on the following assignments:

\*Mid Semester Paper. You will have a three pages' paper answering three questions in Word format. Each page will be for one answer to each question.

\*Final Exam: 25 or 30 question multiple choice test.

## Grading Information

- 30% Skills Test 1
- 30% Skills Test 2
- 20% Midterm Essay
- 20% Final Exam

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally, this will amount to 1 hour a week outside of class.

### Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

More guidelines on grading information and class attendance can be found from the following two university policies:

[University Syllabus Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>)

[University policy F15-12](http://www.sjsu.edu/senate/docs/F15-12.pdf) (<http://www.sjsu.edu/senate/docs/F15-12.pdf>)

### Determination of Grades

- Grades will be determined by doing tasks on time, participation, accuracy and improvement
- Extra credit is not available.
- Penalty (if any) for late or missed work.

### Classroom Protocol

- Students are expected to be on time and ready to go when class starts.
- Students must be respectful towards one another and to the professor.
- Students should check with Canvas periodically.

### University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>"

## Kin 13-01A / Beginning Rugby, Fall 2017, Course Schedule

Here is the course agenda. This agenda could change at any time.

### Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/28	Welcome Syllabus Review, Q/A
2	9/4	Holiday No School
3	9/11	Introduction to Rugby, Dynamic Stretching, Introduction to the Pass
4	9/18	Passing
5	9/25	Introduction to the Tackle
6	10/2	Introduction to the Breakdown
7	10/9	Review of Laws and Scenarios
8	10/16	Skills Test 1
9	10/23	Introduction to Kicking
10	11/4	Can Am 7's Tournament
11	11/6	Midterm Essay Due/ Discussion of Culture
12	11/13	Review of Lineout and Scum/ Introduction to Touch Rugby

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
13	11/20	Skills Test 2
14	11/27	Touch Rugby
15	12/4	Touch Rugby Final Hand out
16	12/11	Final Due Touch Rugby Skills Test 2