

UNIVERSITY OF KANSAS
LAWRENCE

DEPARTMENT OF PHYSICAL EDUCATION

Content of 31W - 32W
33W - 34W

31W - Elementary Hockey

Development of skill and knowledge of the fundamental techniques: strokes, fielding, tackling, dodging, bullies, etc. Elementary tactics. Position and duties of each player. Rules.

31W - Intermediate Swimming

Development of skill in the following: elementary back, side, side overarm, crawl and back crawl strokes. Springboard diving.

31W - Tumbling

Elementary mat work, rolls, head stand, hand stand, cart wheels, etc. Pyramids, single and double stunts.

31W - Elementary Folk Dance

Simple folk dances of all nations based on the polka, waltz, schottische and mazurka. The folk element as it relates to peoples, customs and geography is presented.

32W - Advanced Basketball

Development of the following basketball skills: passing, catching, shooting, pivot, bounce, dodge, juggle. Team play and rules of the game.

32W - Elementary Tap

The rudiments of tap dancing, starting with relaxation techniques, triples, sevens, rolls and the waltz clog step. Suitable routines using these fundamental steps are taught.

32W - Intermediate Tap

A review of the work mastered in the beginning course is followed by a study of soft-shoe tap and the double shuffle time step with various breaks. More advanced routines based on these fundamentals are taught and opportunity is given for individual and group creative work.

32W - Elementary Track & Field

A study and practice of the following track and field events: sprints, hurdles, javelin, discus, shot, broad jump, high jump. General knowledge of rules of each event. Track meet held within the class.