

## Syllabus

**PE 31C**  
**Basketball Conditioning**  
**Fall 2022**

**Dan Kilbert**  
**C) 559-250-2004**  
**Office SAO 109**

**Class Philosophy:** Our class will use a “concepts” approach to health and physical education, answering three (3) questions: WHY is health and physical education important to every person? HOW to practice healthful activities given individual abilities and interest? What are the individual’s real needs for lifetime fitness?

**Course Description:** Physical conditioning in both an aerobic and anaerobic setting.

**Course Objectives:** To have each player in Basketball in shape prior to the start of our season.

**ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:** If you have special needs as addressed by the Americans with Disabilities Act (ADA), please notify me immediately. In addition, contact our DSP&S office at 638-0332. Additionally, if you have any other issues that might be affecting your school work, please see me as we have many programs on campus that may be able to assist you.

**Required Material(s):** Locks and lockers are NOT required, but recommended. Return locks/locker at end of semester to avoid a \$5.00 service fee. Appropriate attire and footwear must be worn for each activity class.

**Injury/Disclosure:** Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

**Attendance Policy:** You must participate and apply the knowledge/skills each class meeting, making “mastery attempts.”

90% participation = A  
80% participation = B  
70% participation = C  
60% participation = D  
50% participation = F  
(% of total possible student contact hours per semester)

**Written Tests:** There will be a minimum of two (2) written tests.

**Skills Tests:** There will be a minimum of two (2) skills tests.

**How your final grade will be calculated:**

Participation.....	50%
Written Tests ...	25%
Skills Tests .....	25% = 100%