

RC PHYSICAL EDUCATION SYLLABUS

Department Philosophy: Our department 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 interests? What are the individual’s real needs for lifetime fitness?

Department Chair: TJ Jennings

Dept. Office ext 3127

Course #: PE-45-52797

Course Title: Performance Training

Course Description: Instructions in the fundamentals and techniques of softball. Students may take any activity course at all levels (a or b) in any combination a total of 4 times.

Instructor: Stefani.nomura@reedleycollege.edu

Course Objectives: This course includes weight training, and the development of muscle strength, endurance, tone and flexibility for the Intercollegiate Athlete. Upon completion of this course, students will be able to 1) evaluate and critique current fitness levels 2) plan, implement, and practice appropriate fitness activities that promote improved levels of muscular strength for Intercollegiate Athletics.

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: If you do not finish this course- this may result in an F. IT IS YOUR RESPONSIBILITY TO FINISH THE CLASS.

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% (ATTENDANCE)
PRE TESTS... 25%
POST TESTS.....25%
=100%

Drop Policy:

Last Day to Add 08/27/2023 **First Day to Drop** 08/07/2023

Last Day to Drop (no W assigned) 08/27/2023 **Last Day to Drop (W assigned)**

10/06/2023