

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: Michael White

DEPT. OFFICE 305/Ext 3369

COURSE #: PE 10

COURSE TITLE:

Racquetball

COURSE DESCRIPTION:

A course in the game of racquetball which includes instruction and practice in beginning level skills, techniques, and strategies utilized in the game of racquetball. This class features a student-centered learning environment, including student feedback and cooperative interaction.

INSTRUCTOR: Brian Fonseca; Office: 9-12 F

OFFICE MLRM / Ext 3354

COURSE OBJECTIVES: -For the student to attain and understand the basic rules and strategies of racquetball;

For the student to demonstrate the basic techniques and movements utilized; For the student to provide input, and to work cooperatively with classmates and instructor in a positive fashion; To develop or enhance the student's interest in the game of racquetball.

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%

DROP POLICY: 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences, within the first 9 weeks of instruction.