

# 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 18      **COURSE TITLE:** Floor Exercises

**COURSE DESCRIPTION:** An activity course that utilizes a variety of low-impact exercises to improve muscle tone, flexibility, and cardiovascular fitness. A student-centered learning environment, including student feedback and cooperative interaction are included.

**INSTRUCTOR:** Brian Fonseca; Office 9-12F or by arr.      **OFFICE / MLRM Ext** 3354

**COURSE OBJECTIVES:** -For the student to increase his/her muscular flexibility and strength.  
-For the student to increase his/her knowledge of the elements of a strength and flexibility program.  
-For the student to increase his/her ability to evaluate and develop a program, consisting of muscular endurance, strength, and flexibility; For the student to provide input, and to work cooperatively with classmates and instructor in a positive manner.

**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.