

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 #:

PE31C

COURSE TITLE:

Off-Season Conditioning, Men's Basketball

COURSE DESCRIPTION: A course designed to improve physical conditioning and skills in preparation for competitive basketball. Students in this course must perform and compete at the intercollegiate level. This is not a recreational activity class. Instructor permission required.

INSTRUCTOR: Brian Fonseca; Office 9-12F or by arr.

OFFICE # MLRM'Ext 3354

COURSE OBJECTIVES: To improve the student's physical conditioning in preparation for the upcoming competitive basketball season. Skill work, both individual and team, will be featured. Students will act cooperatively with instructor and classmates.

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.