

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 369

COURSE #:

PE 37C

COURSE TITLE: OFF-SEASON CONDITIONING FOR SOFTBALL

COURSE DESCRIPTION: This course is designed to improve physical conditioning and skills in preparation for competitive softball

INSTRUCTOR:

KATHY O'CONNOR-KUBALL

OFFICE # 312 /Ext 3269

COURSE OBJECTIVES: Students will be able to apply rules of the game and develop expertise in offensive and defensive skills. Students will apply knowledge of conditioning/training principles for softball.

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.