

KRCC 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 359

COURSE #: PE 1

COURSE TITLE: ADAPTIVE PHYSICAL EDUCATION

COURSE DESCRIPTION:

Exercise and therapy for students with temporary or permanent physical limitations.

INSTRUCTOR:

OFFICE # /Ext 344/360

COURSE OBJECTIVES:

See Attached Sheet

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.	34%	
Written Tests.	33%	
Skills Tests.	33%	= 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 *three* (3) consecutive unexcused absences, within the first 9 weeks of instruction.

KINGS RIVER COMMUNITY COLLEGE

Adaptive P.E. 1 & 81
Mon. & Wed. 1:00-1:50
Jan. 12 - May 13, 1998

Participation

Your participation is very important. (Both Students and especially Aides). You will be allowed 3 absences without penalty. After the 3rd absence, your grade will drop one grade level, and continue to drop.

1 - 3 absences = A
4 " = B
5 " = C = Credit for class
6 " = D = No credit for class

ANYONE LATE after 1:10, is considered absent.

Tardy (3) times to class(1:05-1:10) constitutes an absence.
NO participation in class, NO credit for the day.

Make-up for absences

This P.E. Dept no longer allows make ups for absences. Students will need to choose absences wisely.

THREE CONSECUTIVE ABSENCES without notification and not attending on a regular basis, the student will be dropped from class.

ABLED STUDENTS & ALL AIDES will be tested.

Tests: 1. weight on machinery 2. distance on bike
3. muscles of the body 4. bones of the body
5. improvement over all 6. Final exam

Grading Policy

Participation	34%	Performance Scores	33%
Written Test	33%	= Final Grade	

A = 90% and above of total points
B = 80% - 89% of total points possible
C = 70% - 79% of total points possible
D = 60% - 69% of total points possible

**Test dates:

Jan. 28-(Wed) Skill tests
Feb. 18-(Wed) skill tests
Mar. 4-(Wed) Test on bones of the body
Mar. 11-(Wed) Skill tests
Apr. 1-(Wed) Skill tests
Apr. 22-(Wed) Test on muscles of the body
May 6-(Wed) Skills test