

# 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 369

**COURSE #:** PE 12.

**COURSE TITLE:**

SWIMMING *Wed. 6:30-9:20*

**COURSE DESCRIPTION:** Swimming skills for the novice or non-swimmer. Students may take any activity course a total of 4 times.

**INSTRUCTOR:** *Bobbi Monk*

**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 . . . . . 25%  
Written Tests . . .25% Skills Tests . . .25% = 100%

*Timed Tests . . . 25%*

**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

Beg. & Inter. Swimming  
P.E. 12  
Wed. 6:30 - 9:20 p.m.  
Feb. 25 - May 13, 1998

## PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 2nd absence, your grade will drop one grade level, and continue to drop. Late after 6:40, is considered an absence & three tardies (6:35-6:40) will constitute an absence. You must participate and apply the knowledge/skills each class meeting, making "mastery attempts."

No participation in class, No credit for the day.

1-2 absences = A  
3 " = B  
4 " = C = Credit for class  
5 " = D = No credit for class

## Make-ups for absences

No longer is this P.E. Dept. allowing absences to be made up. If you miss a class--It's an absence.

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

PARTICIPATION	25%	WRITTEN TEST	25%
Skills & STROKES EVALUATION	25%	TIMED TESTS	25%

Tests: EVERYONE will be tested on a 1/4 mile=18 laps.  
18 laps THREE times during the semester.  
Skill Tests: treading water--3mins., floating on back--1min., survival floating--5mins., survival stroke 4 lengths of the pool and disrobing & inflating clothes--5mins.

## BEGINNERS:

Tested on (6)strokes: 1)front crawl, 2) back crawl, 3) elementary back, 4) regular sidestroke, & 5) breaststroke, also (6)butterfly.

## INTERMEDIATE:

Introduced to: (11)strokes: 1-6 above 7)inverted-sidestroke 8) over-arm sidestroke, 9) inverted breaststroke, 10) trudgen, & 11)Trudgen

\*Test dates:

- Mar. 18-(Wed)Timed 18 laps (1st)
- Apr. 22-(Wed)Timed 18 laps
- \*\* Apr. 29-(Wed)Disrobing and Inflating clothes  
and Safety skills test
- May 6-(Wed)Basic Rescue Practical
- May 6-(Wed)Written test on (Basic rescue  
& water safety)
- May 13-(Wed)Strokes Evaluation test (Final)
- May 20-(Wed))Timed 18 laps (Final- 6:00)

Remember to make appointments around this test schedule. No  
make ups will be allowed.

INSTRUCTIONAL CALENDAR SPRING 1998

- Jan. 19 -(M)Martin Luther King Jr. Holiday
- Feb. 13 -(F)Lincoln's Day Holiday
- Feb. 16 -(M)Washington's Day Holiday
- Feb. 17 -(Tu)Last day to change to or from Credit /  
No Credit
- Mar. 13 -(F)Mid-term
- \*\* Mar. 13 -(F)Last day to drop a semester length course
- Apr. 6 -10 (Mon-Fri)Spring Recess
- May 18-22-(Mon-Fri) Final Exam Week

NOTE \*\*\*

The required attire for pool: swim suits ONLY--NO  
street clothes, exercise wear, absolutely No cut-off sweats  
nor shorts with metal zippers. No tanning oils allowed in  
pool. NO Gum Allowed in Pool or Pool Area.  
EVERYONE MUST SHOWER BEFORE ENTERING THE POOL.

Injury/Disclosure: Report all pre-existing medical  
conditions to instructor before exercising. Report all  
injuries to instructor as soon as they happen.

KRCC - 638-3641 -Leave messages at ext. 344 or 360 for  
Bobbi Monk.

PLEASE USE YOUR ABSENCES WISELY!!!