

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 Tue - Thurs
12:00-1:15

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

Tue. & Thurs. 12:00 - 1:15 p.m.
Feb. 24 - May 14, 1998

PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 3rd absence, your grade will drop one grade level, and continue to drop. Late after 12:10, is considered an absence & three tardies (12:05-12:10) 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.

1-3 absences = A
4 " = B
5 " = C = Credit for class
6 " = 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. 19-(Th)Timed 18 laps (1st)

Apr. 23-(Th)Timed 18 laps

** Apr. 21-(Tue)Disrobing and Inflating clothes
and Safety skills test

Apr. 28-(Tue)Basic Rescue Practical

Apr. 30-(Th)Written test on (Basic rescue
& water safety)

May 7-(Th)Strokes Evaluation test (Final)

May 14-(Th)Timed 18 laps (Final- 12:00)

May 19-(Tue)Final Test Day (1:00)

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!!!