

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 #: P.E. 6

COURSE TITLE: FITNESS & HEALTH 11:00 - 11:50
M-W

COURSE DESCRIPTION: An exercise program designed to improve the cardiovascular, flexibility and strength of the novice fitness student. Students may take any activity course a total of 4 times.

INSTRUCTOR: *Bebki 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	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

Fitness and Health

P.E. 6

Mon. & Wed. 11:00 - 11:50

Jan. 12 - May 13, 1998

COURSE DESCRIPTION

An exercise program designed to improve the cardiovascular, flexibility and strength of the novice fitness student.

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 11:10, is considered an absence & three tardies (11:05 - 11:10) 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

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 class on a regular basis, the student will be dropped from class.

Performance

Your performance grade will be based on the quality of your workout and following of directions and must show a substantial improvement to obtain a better grade.

PARTICIPATION	33 %	PERFORMANCE SCORES	34%
WRITTEN TEST	33%	= FINAL GRADE	

Grading Policy

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

COURSE OUTLINE

2nd half of the semester - Swimming Pool

1. Water exercising

2. Body measurements

3. Tests: Muscles of the body and
Bones of the body.