

# 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 81

**COURSE TITLE:** ADAPTIVE ACTIVITIES (0)

**COURSE DESCRIPTION:** 2 Lab hours per week.  
Exercise and therapy for students with temporary or permanent physical limitations.

**INSTRUCTOR:** Bobbi Monk

**OFFICE #** /Ext <sup>344</sup>  
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 . . . . .	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.

# 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