

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** 312 /Ext 369

COURSE #: P.E. 30A-C **COURSE TITLE:** ██████████ BASEBALL

COURSE DESCRIPTION: Course is designed for students with an interest and the ability to play intercollegiate baseball.

INSTRUCTOR: JACK HACKER **OFFICE #** 320C /Ext 303

COURSE OBJECTIVES: Students will be able to perform the offensive and defensive skills involved in the game of Baseball. As well, students will understand the NCAA rules involved with Collegiate Baseball.

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.

INJURY/DISCLOSURE: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

ATTENDANCE POLICY: Physical education is an applied discipline. 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% = F.

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.

drop date

COURSE SYLLABUS INFORMATION SHEET

INSTRUCTOR: J. HACKER
OFFICE PHONE: 638-0303
OFFICE NO: P.E. OFFICE ~~320~~ 320-C

THIS INFORMATION IS FOR FALL SEMESTER, 1999

1. FIRST DAY OF CLASSES: MONDAY - AUG. 16TH
2. FINALS BEGIN: DEC. 13TH - 17TH
3. LAST DAY TO ADD A CLASS: FRIDAY - SEPT. 3RD
4. LAST DAY TO DROP A CLASS: FRIDAY - OCT. 15TH
ANY STUDENT WHO APPEARS ON A CLASS ROSTER AFTER THE LAST DROP DATE MUST RECEIVE A LETTER GRADE!

5. STAFF DEVELOPMENT DAYS (NO CLASSES FOR STUDENTS):

1. _____
2. _____

6. HOLIDAYS THIS SEMESTER:

1. MONDAY - SEPT. 6TH - LABOR DAY
2. THURSDAY - NOV. 11TH - VET'S DAY
3. THUR / FRI - NOV. 25TH / 26TH - THANKSGIVING
4. _____
5. XMAS BREAK: DEC. 20TH - JAN. 7TH

7. OFFICE HOURS FOR THIS SEMESTER:



State Center Community College District

P.E. 30 - C -- BASEBALL CONDITIONING
INSTRUCTOR: J. HACKER

UNIT OUTLINE

WEEKS 1 & 2: Do not dress out. Meet in classroom to go over class operation.

WEEKS 3 - 9: Review of defensive skills and drills

WEEK 9: SKILL EXAM 1 & WRITTEN EXAM 1

WEEKS 10 -- 17: Review of offensive skills and drills

WEEK 18: SKILL EXAM 2 & WRITTEN EXAM 2

Final exam will be given on scheduled final day & time

EVALUATION PROCESS:

1. **PARTICIPATION:** 50 % of overall grade. 5 points will be deducted for each absence over three. *POINTS POSSIBLE FOR PARTICIPATION:* 160
2. **WRITTEN EXAMS:** There will be two written exams given during the semester. Both exams will be worth 25 % of overall grade. *POINTS POSSIBLE ON EXAMS:* 80
3. **SKILL EXAMS:** There will be two skill exams given during the semester. Both exams will be worth 25 % of overall grade. *POINTS POSSIBLE ON SKILL EXAMS:* 80

GRADING PROCESS:

Final grades will be determined in the following manner:

PARTICIPATION: 160	A = 288
WRITTEN EXAMS: 80	B = 256
SKILL EXAMS: 80	C = 224
TOTAL POINTS POSSIBLE: <u>320</u>	D = 192