

RC 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 3369

COURSE #: 31C

COURSE TITLE: OFF-SEASON CONDITIONING FOR BASKETBALL

COURSE DESCRIPTION:

Physical Conditioning in both an Aerobic and AnAerobic setting.

INSTRUCTOR:

BRIAN TESSLER

OFFICE # 320A/Ext 3373

COURSE OBJECTIVES:

To have each player in Basketball in shape prior to the start of our season.

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.