

# 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 #:** PE 10

**COURSE TITLE:**

RACQUETBALL

**COURSE DESCRIPTION:** Instruction and practice in beginning level skills, techniques and strategies of racquetball. Students may take any activity course a total of 4 times.

**INSTRUCTOR:** Randy Whited

**OFFICE #** 320C /Ext 3394

**COURSE OBJECTIVES:** A learn by doing approach. You must make mastery attempts to learn. TRY! All students will improve eye/hand coordination, foot movement, rules understanding, court etiquette, and strategies.

**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.