

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 33C

COURSE TITLE : CONDITIONING FOR FOOTBALL

COURSE DESCRIPTION: Team conditioning/drills in preparation for intercollegiate Football season.

INSTRUCTOR: Michael White

OFFICE# /Ext. 3369

COURSE OBJECTIVES: Cardiorespiratory endurance & strength development.

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: A single unexcused absence may be grounds for dismissal from the team.

WRITTEN TEST: None

SKILLS TESTS: None, students must comply with team policies/procedures as designated in Tiger Football Player’s Handbook!

YOUR FINAL GRADE WILL BE CALCULATED: Grade will be based upon evaluation by coaching staff. Effort and unselfishness are primary criteria.

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.