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.

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Instructor: Randy Whited DEPT. OFFICE Football Team Room/Ext.3369

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COURSE# - PE 33C COURSE TITLE: OFF-SEASON CONDITIONING FOR FOOTBALL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COURSE DESCRIPTION: Course designed to improve physical fitness through free weight training, flexibility, and agility stations. Students in this course must perform and compete at the intercollegiate level.

INSTRUCTOR: Randy Whited **OFFICE HOURS:** M-W-F 8:30-9:30am

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **E-MAIL ADDRESS:** [\_randy.whited@reedleycollege.edu](mailto:_randy.whited@reedleycollege.edu)

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COURSE OBJECTIVES: Physical and mental preparation for intercollegiate football contests.

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REQUIRED MATERIAL(s): Locks and lockers are not required, but recommended. You provide your own lock. Appropriate attire and footwear must be worn for each activity class.

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

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ATTENDANCE POLICY:

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

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WRITTEN TEST: None

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

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

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ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

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**DROP POLICY:** 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4 ½ weeks. However you may be dropped by the instructor at any time after four (4) consecutive absences.

**IMPORTANT DATES**

**Jan. 24 (F) – last day to drop full-length class to be eligible for refund**

**Jan. 30 (F) – last day to register for Spring 2015 full-length class or drop full-length to avoid “W”**

**Mar. 13 (F) – last day to drop Spring 2015 full-length class (letter grades assigned after this date)**