

## 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:** Marcy Davidson      **Dept. Office** ext 3127

**Course #:** PE 37D      **Course Title:** Off-season Conditioning Softball

**Course Description:** Instructions in the fundamentals and techniques of softball. Students may take any activity course at all levels (a or b) in any combination a total of 4 times.

**Instructor:** Kathy O’Connor – Kuball      **Office #** 312 / Ext 3387

**Course Objectives:** To learn the basic rules and strategies of Softball. Improve over all conditioning and display good sportsmanship.

**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 9<sup>th</sup> week. Short-term classes have a drop deadline of 4.5 weeks. However, the instructor may drop you at any time after four (4) consecutive unexcused absences, within the first 9 weeks of instruction.