

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: TJ Jennings

Dept. Office PE

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: Amy Bailey **Office #** NA

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 9th 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.