

## 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** ext 3127

**Course #:** PE 37B

**Course Title:** Competitive Softball`

**Course Description:** Instruction in the fundamentals and techniques of college level competitive 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 and advanced rules and strategies of Softball. Improve overall conditioning and performance. Display good teamwork and sportsmanship.

**Required material(s):** Locks and lockers will be issued. Return locks/locker at end of semester. Appropriate attire and footwear must be worn for each activity class. All RC softball issued equipment, uniforms and accessories will be returned at the end of the season. There will be a replacement fee assessed for unreturned items.

**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.)

**NOTE:** If a student athlete quits the Reedley College Competitive Softball Team after the drop date, the instructor reserves the right to assign an “F” grade to the student.

**How Your Final Grade Will Be Calculated:** Participation / Attendance 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. Being that this is a competitive athletic team, Instructor reserves the right to drop student after three absences as well as for conduct that is detrimental to the team.