

## 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-37D-54042

**Course Title:** Performance Training

**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:** [Stefani.nomura@reedleycollege.edu](mailto:Stefani.nomura@reedleycollege.edu)

**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:** If you do not finish this course- this may result in an F. IT IS YOUR REPSONSIBILITY TO FINISH THE CLASS.

**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%	(ATTENDANCE)
PRE TESTS...	25%	
POST TESTS.....	25%	
	=	100%

**Drop Policy:**

**Last Day to Add** 08/27/2023 **First Day to Drop** 08/07/2023

**Last Day to Drop (no W assigned)** 08/27/2023 **Last Day to Drop (W assigned)**  
10/06/2023