

Syllabus

PE 31C
Basketball Conditioning
Spring 2024 – PE31C-55612

Dan Kilbert
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Office SAO 109

Class Philosophy: Our class 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 interest? What is the individual’s real needs for lifetime fitness?

Course Description: Physical conditioning in both an aerobic and anaerobic setting.

Course Objectives: To have each player in Basketball in shape prior to the start of our season.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES: If you have special needs as addressed by the Americans with Disabilities Act (ADA), please notify me immediately. In addition, contact our DSP&S office at 638-0332. Additionally, if you have any other issues that might be affecting your school work, please see me as we have many programs on campus that may be able to assist you.

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%