CENTRAL TEXAS COLLEGE
SYLLABUS FOR KINE 1301
INTRO TO PHYSICAL FITNESS AND SPORT

INSTRUCTOR: __________________

OFFICE HOURS: __________________

I. INTRODUCTION

a. The purpose of this course is to study information that prospective physical educators and practitioners in the field want and need to know so that they may render the greatest service to their consumers and students.

b. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions

II. LEARNING OUTCOMES:

a. Be able to discuss the nature and scope of physical education.
b. Explore the meaning and philosophy of physical education.
c. Be able to explain the need for curriculum planning as well as the need for proper administration.
d. Process a knowledge of professional literature and organizations.
e. Be able to discuss the topics of health, fitness, and wellness and how to test each of these in components in physical education.

III. INSTRUCTIONAL MATERIALS

a. Text: The instructional materials identified for this course are viewable through www.ctcd.edu/books
b. Outside reading material/videos assigned or at the initiative of the student

IV. COURSE REQUIREMENTS

06/2017
a. Attend class and be on time  
b. Read all assigned material and bring text book to class  
c. Maintain organized class notes  
   d. Use initiative in doing extra work and individual pal practice  
e. Participate in class discussions and activities  
f. Take all exams and quizzes  
g. Participate in observations and individual/group activities  
h.
V. GRADES

Tests:
- Quizzes (5) *3 are graded and 2 are extra credit = 10%
  
  - Nature and Scope of Physical Education (Ch 1-3)
  - Foundations of Physical Education (Ch 4-9)
  - Careers and Professional Considerations (Ch 10-15)

- Mid-term = 20%
- Final Exam = 20%

Activities:
- Paper: My Philosophy and Career Considerations = 10%
- Designing and Marketing a Community Program (group project) = 10%
- Physical Fitness and Wellness assignment = 10%
- Personality Tests = 10%
- Observation = 10%

VI. ATTENDANCE PROCEDURES:

There will be no make-up classes.

Students will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

A. It is the student’s responsibility to sign the attendance sheet before the beginning of each class. Students arriving 5 minutes after class has started will be counted tardy. Students arriving 15 minutes after class has started will be counted absent. Failure to be in class and ready to participate at the beginning of class will also result in a tardy or an absent as rules apply. Students who leave class early without consulting the instructor will also be counted absent. Absences begin with the first day of class.

B. Students who exceed a total of four (4) absences will need to withdraw from this course or they will automatically receive a grade of “F” for this course.

C. Students will have two (2) points deducted from their final grade for each tardy received.
VII. Medical

A. Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

B. Disability Support Services (DSS) provides support services for students who have appropriate documentation of a disability. Students requiring classroom, academic or other accommodations are responsible for contacting DSS located on the central campus, Building 111, Room 207, (254) 526-1291. This service is available to all students, regardless of location. Reasonable accommodations will be given through DSS in accordance with American with Disabilities Act (ADA) and Section 504 Rehabilitation Act. Additional information from DSS is available at http://www.ctcd.edu/disability-support.