I. COURSE DESCRIPTION

The course is designed to promote fitness through the involvement of recreation activities placed in an indoor/outdoor recreational setting. Some of the activities available in this class include, but are not limited to, Ultimate Frisbee, Kickball, relays, and Sand Volleyball. This course will cover skills, basic rules and understanding, and safety aspects of the various activities.

A. Course Objectives
   1. The student will be exposed to a variety of recreational and leisure activities.
   2. The student will learn necessary rules, terminology, and scoring for a variety of recreation activities.
   3. The student will learn about the equipment and playing area necessary for successful participation in each activity.
   4. Discuss current popular recreational and leisure activities.
   5. Pass written quizzes.

B. Learning Outcomes
   Upon successful completion of this course, the student will be able to:
   1. apply rules, strategies, and fundamental skills and learn to apply proper terminology to each activity.
   2. develop the personal skills to participate in the activity with confidence and enjoyment.
   3. demonstrate an understanding and respect for differences among people in a physical activity setting.
   4. gain an appreciation for sport and physical activity in its competitive and recreational natures.

C. Course Outline
   1. Introduction to a variety of recreational and leisure activities.
   2. Introduction to the necessary rules, terminology, and scoring of a variety of activities.
   3. Introduction to the skills necessary to successfully participate in a variety of activities.
   4. Complete written exams.

D. Instructional Materials
   The instructional materials identified for this course are viewable through www.ctcd.edu/books

05/28/2013
E. Grade Computation
1. Participation = 75%
Your participation grade will include suiting out in the proper attire, promptness in the beginning of activities, and constant demonstration of good sportsmanship and maximum effort during the activities.

2. 5 Quizzes 5% each

Student will need to provide a documented excuse to make-up a quiz. Students are responsible for making arrangements for make-up quiz. Students who fail to make arrangements immediately upon their return to class will not be allowed to take the quiz.

II. COURSE REQUIREMENTS

A. Attendance Procedures – 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, even if they have signed in on time, but are not in class ready to participate, will be counted absent. Students who leave class early without consulting the instructor will be counted absent and may be dropped from the class. Students who sign in and leave without attending class will be penalized and subject to administrative withdrawal. Absences begin with the first day of class.

B. ABSENCES AND TARDIES (excused and/or unexcused):
1st and 2nd absences = no penalty
3rd absence = minus 5 points from final grade
4th absence = minus 10 additional points from final grade
5th absence = student will be dropped from the class

1st and 2nd tardies = no penalty
3 or more tardies = 2 points from final grade for each tardy after the initial 2
C. THERE WILL BE NO MAKE-UP CLASSES.

D. Class Attire – Court shoes or athletic shoes, shorts and t-shirts (athletic attire) is the accepted uniform for Kinesiology activity classes. **DRESS FOR THE WEATHER!** Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes (jeans, slacks, dress shirts, boots, dress shoes, etc.). Students may not wear midriff or half-shirts or t-shirts with derogatory or otherwise questionable content. Shorts must be worn around the waist.

E. Medical – Students who have a health problem should obtain a document from a physician explaining the condition approval of limitations for participation in the activity. A current physical is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support) for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

F. **NO CELL PHONES ALLOWED IN CLASS!!!**