COURSE NUMBER & TITLE: PEAC 1002-01  
Football/Volleyball - Fitness

SEMESTER/YEAR: Fall 2006

LECTURE HOURS: 0  LABORATORY HOURS: 2  CREDITS: 1

CLASS TIME: 1:00 - 1:50 p.m. MW  ROOM: TB GYM

INSTRUCTOR’S NAME: Abe Steward

OFFICE: TB 161  PHONE:  268-2259  EMAIL: asteward@caspercollege.edu  
268-2553 - Fitness Center

OFFICE HOURS: As Posted

COURSE DESCRIPTION: A basic activity class in physical education designed to promote physical efficiency, fitness and good sportsmanship and a basic physical activity program to provide student participation.

STATEMENT OF PREREQUISITES: None

GOAL: Students will learn basic techniques, (skills, rules, strategies and safety), in the sports of volleyball and football.

OUTCOMES: To acquire a better knowledge of the rules, strategies and safety practices. The student will also develop a knowledge base regarding the principles and practices of volleyball and football which can be applied to future teaching and coaching situations.

METHODOLOGY: Lecture, demonstration and participation.

EVALUATION CRITERIA: Students will be evaluated on their contribution and attentiveness in class along with an analysis of skill level, improvement, attendance and participation. Students are to come to class properly dressed.

Attendance Policy: Attendance is of utmost importance and you are expected to attend all classes. On rare occasions, it may be impossible for you to attend class. In this case all missed classes can be made-up during final week ONLY.

REQUIRED TEXTS, READINGS, MATERIALS: None

CLASS POLICIES:
Last Date to Change to Audit Status: Please refer to current Casper College catalog
Last Date to Withdraw with a W Grade: Please refer to current Casper College catalog

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.
Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.