



Individual and Team Sports Course Syllabus

Course Description

In individual and team sports, students will be required to actively engage in a wide variety of physical activities that will stimulate both the body and the mind. Students will learn and practice various skills necessary to be successful in different team and individual sports. This course will provide an opportunity for students to experience lifetime sports and activities that will promote the concept of physical fitness for a lifetime. The course will educate students on the basic rules, strategies and knowledge of team and individual sports.

Course Objectives

1. Learn and understand why physical activity and exercise are important.
2. Learn correct application of biomechanical and physiological principles related to physical activity and sports.
3. Understand the components of physical fitness.
4. Understand the relationship between physical fitness activities and exercise to stress and nutrition
5. Select and experience a variety of dynamic activities that can improve or maintain physical fitness.
6. Students will learn the rules, strategies and skills needed to play individual and team lifetime sports.
7. Students will understand the basic skills associated with various lifetime sports.

Class guidelines

1. All students must be fully dressed to participate
2. No electronics in gym (cell phones, ipods, mp3 players, game boys, etc)
3. Injuries: Injuries will be handled on an individual basis. Most injuries are of a minor nature and the student is back to participation in a short time. If an injury requires that a student is unable to do the basic class participation requirements for a period of more than two class periods, a doctor's note is necessary. We need this to give us direction for the student's limitations, as well as possible rehab exercises. Often, other exercises can be done in class when a student is working through an injury.
4. Failure: Students can fail P.E. by not participating in class and/or not dressing out. If a student registers two no-suit or non participation days the student will be given one day of detention. At 7 no suits a student will be dropped from the class and receive no credit for the semester, The student will then be placed in a study hall.
5. Uniform: A mandatory dress out policy will be strictly enforced every class period and a grade will be given daily. Any student failing to dress out in the appropriate Westside PE Uniform will not receive points for the day. On cold weather days, students need to bring warm-ups to wear over their PE uniform as we will still be going outside.
6. The official uniform may be purchased for \$20.00 from a member of the physical education staff. Clothing must be intact. No outside clothing will be allowed. NO JEWELRY (watches, earrings, rings, or bracelets)
7. No pop, candy, or snacks are allowed in locker rooms or gym areas.
8. Each student must bring their own combination lock to place on the locker assigned to them (no sharing).



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