



PHYSICAL EDUCATION PROGRAM
PE 001 SYLLABUS

Course code: PE 001

Course title: Preparatory Physical Education I

Textbook: Handout supplied by instructor.

COURSE DESCRIPTION:

- To help students recognize the importance of exercise.
- To help students understand the general skills of selected sports.
- To provide opportunities to exercise and play selected sports.

The Following courses will be offered to HBCC students in the first and second semester:

1. Physical conditioning and fitness.
2. Introduction to tennis Court.
3. Introduction to. Table Tennis
4. Introduction to Volleyball.
5. Introduction to Basketball.
6. Introduction to Soccer.
7. Introduction to Athletics (Track and Field)

COURSE OBJECTIVES:

- To understand and recognize the importance of exercise for health fitness and personal development
- To recognize and demonstrate selected sports skills.
- To know how to develop power, speed, strength, flexibility and endurance
- To improve the level offline and skills through exercise.

COURSE WEEKLY SCHEDULE:

* 1 st week	Main Hall	Introduction (Course overview)
* 2 nd -5 th week	Main Hall	Table Tennis 1
* 6 th -10 th week	Outdoor	Football I
* 11 th -15 th week	Outdoor	Volleyball I

GRADE DISTRIBUTION

Attitude & Preparation 40%	Home work 15%	Quizzes 15%	Phy- Per 30%
Attendance	R. Ft	Q. F	Test of. Ft
Participation	R. v	Q. v	Test of. v
Dress & shoes	R. Tt	Q. Tt	Test of Tt

R. Ft = Report of Foot ball

R. v = Report of Volleyball

R.Tt = Report of Table Tennis

Phy-Per = Physical Performance

Q. Ft = Quiz of football

Q.v = Quiz of volleyball

Q.Tt = Quiz of Table Tennis

ATTITUDE AND PREPARATION POLICY :

- 7 unexcused absence & after 10(excused or unexcused combined) student awarded DN Grade, each unexcused leads to 1.5 points deduction.
- Each late attendance (5 minutes after) leads to 0.5 points deduction.
- Each unacceptable dress & shoes lead to 0.5 points deduction.
- Each unacceptable behavior in class may lead to 1-3 points' deduction.
- Each desirable behavior in class leads to 1-3 addition.