

PHYSICAL EDUCATION 150 / 151

COURSE OUTLINE and SYLLABUS

Class:	PE. 150 / P.E 151	Instructor:	Lester Towns
Session:	Spring 2017	Office:	VG.K
Dates:	February 21 through June 9	Office Hour:	12:20pm to 1:30pm
Days:	Friday	Office Days:	M-T-W-TH-F
Time:	9:10 am to 12:20 pm	Telephone:	818 / 240-1000 ext. 3593
Location:	Verdugo Gym 101	Email:	ltowns@glendale.edu
Ticket:	3258 Beginner 3260 Intermediate		

COURSE DESCRIPTION:

PE150 teaches the beginning concepts of basketball as a life-time activity. Instruction includes practice in fundamental techniques, rules of basketball, development of team play, and competitive participation. Students learn fundamental warm-up and cool-down techniques, basketball fundamentals, safety, and physiological and psychological benefits of playing basketball.

STUDENT LEARNING OUTCOMES for PE 150/151:

Upon successful completion of the required course work, the student will be able to:

- 1) Apply Rules / concepts / skills of basketball during participation.
- 2) Achieve a higher level of physical fitness:
 - a. leg and arm strength
 - b. cardio respiratory fitness
- 3) Display good sportsmanship and consideration when interacting with others

STUDENT SUCCESS:

To maintain a positive learning environment for all students, please adhere to the following classroom expectations.

- * Follow the course syllabus. It is the responsibility of each student to understand class expectations and read the syllabus prior to each class session.
- * Courteously and respectfully listen to other students opinions and questions.
- * Be prepared for each class session. Bring shorts/sweats, shirt/sweatshirt, shoes. (Athletic Gear)
- * Participation.

EMERGENCIES:

Emergencies can happen. Students who have an unexpected event in their life which prevents them from turning in or completing assignments, must communicate the problem with the instructor as quickly as possible.

PARTICIPATION:

Class participation is essential. Glendale Community College allows the instructor to drop a student

for missing two weeks of class. If a student misses several class sessions or a test, that student is responsible for dropping the class.

