

PED 101 Individual Directed Physical Activity

1 credit hour

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Course Description: The individual directed physical activity option is designed to allow students the opportunity to complete their physical activity requirement without having to attend scheduled classes. Students will begin, or continue, a fitness program designed to fit their schedule and lifestyle.

Course Objectives The objectives of the physical education requirement are:

1. To develop and improve motor skills.
2. To develop a sound body in which a sound mind can function.
3. To gain a new level of physical fitness and well being.

Procedures / Criteria: **IT IS THE STUDENT'S RESPONSIBILITY TO CONTACT THE INSTRUCTOR**, to determine whether or not the student's plan will meet the requirements of this course. The student and instructor will discuss the plan to determine that there is a correlation between the plan and the on-campus activity courses. **A minimum of twenty-five hours of activity is required**, and must take place over the course of the term. A weekend tournament will not be accepted.

Any logs turned in showing less than twenty-five hours of activity will receive a failing grade. Your log must note the: DATE – ACTIVITY – TIME – TOTAL TIME. Your log must be kept in hours and fractions of hours, not minutes, using ¼ hour as the smallest unit of measurement. FOR EXAMPLE:

DATE	ACTIVITY	TIME	TOTAL TIME
1/1/07	Walking	1.5 hours	1.5 hours
1/2/07	Weight training	1.0 hours	2.5 hour
1/3/07	Biking	2.5 hours	5.0 hours

Grading: As this is a physical activity course it is only offered as a pass/fail class.