PED 101  Individual Directed Physical Activity  1 credit hour

Instructor:  Dan Higgins
Office:  479-3265
Cell:  202-8660
e-mail  ikneadu@msn.com or dan.higgins@doane.edu

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 wellbeing.

Procedures / Criteria: **IT IS THE STUDENTS 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.

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

Sample log.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>CUMULATIVE TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/3</td>
<td>Running</td>
<td>1 hr.</td>
<td>1 hr.</td>
</tr>
<tr>
<td>12/5</td>
<td>Weight room</td>
<td>1.5 hr.</td>
<td>2.5 hrs.</td>
</tr>
<tr>
<td>12/6</td>
<td>Running</td>
<td>.75 hr.</td>
<td>3.25 hrs.</td>
</tr>
<tr>
<td>12/7</td>
<td>Continue logging until you</td>
<td>have 25</td>
<td>hours</td>
</tr>
</tbody>
</table>

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