

Physical Education Syllabus

Instructor:

Email:

Phone Number:

Office Hours:

Introduction:

Physical Education is "systematic instruction in sports, exercises, and hygiene given as part of a school or college program" (<http://dictionary.reference.com/browse/physical-education>).

This course will teach students the importance of life-long healthy living, exercise, and leisure. Participation is expected!

Goals for the Student:

- ✓ To become physically literate individuals
- ✓ To exercise and be physically active on a daily basis
- ✓ To learn the importance of healthy living and eating
- ✓ To develop teamwork skills
- ✓ To become a goal setter
- ✓ To have fun!

Expectations:

- ✓ Respect everyone in class and display excellent sportsmanship
- ✓ Bring the required materials to class, and be dressed for physical activity.
- ✓ Be punctual and ready to participate.
- ✓ Participate! Be engaged in ALL course activities.

Sample College Syllabus For Physical Education

John Evans



Sample College Syllabus For Physical Education:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Sample College Syllabus For Physical Education** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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