

# Physical Education Syllabus

**Instructor:**

**Email:**

**Phone Number:**

**Office Hours:**

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## 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

**SB Merriam**



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