Class Hours: 2.0
Laboratory Hours: 0.0

Credit Hours: 1-3
Date Revised: Spring 01

Catalog Course Description:
Opportunity to learn and participate in various sport, fitness, and recreational activities. Content of the course will vary. The course might involve international travel and or contain activities that require additional fees. The student will be responsible for paying all travel related and/or activity related expenses. The class content and travel itinerary, if any travel is involved, are determined by the instructor of the course.

Entry Level Standards:
Students must be physically active and willing to participate in a variety of sport, fitness, and recreational activities. Course content may necessitate additional standards, for example, ability to swim, etc.
If foreign travel is involved, students must obtain a passport and purchase all items (tickets, lodging, transportation, food, etc.) pertaining to travel expenses abroad and related expenses in the USA.

Prerequisite:
Consent of instructor

Textbook(s) and Other Course Materials:
A text may be required, depending on the course. Other readings, if required, will be found in the library, on the Internet, or in class handouts.

I. Week/Unit/Topic Basis:
Activities will vary according to course content and travel locations. The class may include lectures and discussions to enhance sport, fitness, and recreational activities. Some course offerings may also include travel and sightseeing opportunities. The students will spend many hours participating in fitness or recreational activities and/or playing sports and games.

II. Course Objectives*:
A. Develop an understanding and appreciation of a variety of lifetime sports, fitness, and recreational activities. II.2
B. Participate in a variety of lifetime sports, fitness, and recreational activities. I.5, II.2
C. Develop critical thinking skills and problem solving skills to review and analyze information relating to sport, fitness, and recreation. III.2
*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures, written work, and discussions regarding concepts and factual information relevant to the course. *Communication Outcome, Personal Development Outcome, Problem Solving and Decision Making Outcome, Information Literacy Outcome*

2. Learn about and participate in sports, fitness, and recreational activities offered through the course. *Personal Development Outcome, Problem Solving and Decision Making Outcome, Active Learning Strategy, Transitional Strategy*

3. Access the Internet and other appropriate research facilities to gain knowledge and information pertaining to course content. *Technological Literacy Outcome, Information Literacy Outcome*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. Name and describe various sports, fitness, and recreation activities. A,B,C

2. Discuss various sports, fitness, and recreation activities. A,B,C

3. Formulate their personal philosophy of lifetime sports, fitness, and recreational activities. A, B, C

4. Keep a journal of their experiences or workouts. A, B, C

5. Access the Internet and other educational resource venues for information on certain aspects of course content that might include fitness, recreational activities, and sports. A, C

6. Participate in an appropriate amount of sports, fitness, and/or recreational activities. B

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Evaluation Procedures:

Students will be required to participate in all activities.
Students will be required to keep a journal of their activities.
Students must be willing to follow college policies, procedures, and directives from the instructor(s).
Students will be expected to cooperate and collaborate on all projects.

B. Grading Scale:

The specifics of grading will vary with the course content.
VI. Policies:

A. Attendance Policy:

Pellissippi State Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president of Learning, may have requirements that are more stringent.

B. Other Policies:

Disruptions, failure to appear on time for travel, inappropriate behavior, inappropriate attire, or any form of behavior that may prove dangerous to the student or group OR be construed as detrimental to the college during any activity will not be tolerated. This behavior might have consequences that may lower the final grade, require dismissal from the class. If travel is involved the student may be required to return home at the student’s additional expense. Any other appropriate disciplinary action deemed necessary by the college would be taken.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at www.pstcc.edu/departments/swd/.