

PHED-1230 INDIVIDUAL SPORT: COMMON

SYLLABUS

CATALOG DESCRIPTION

BOXING - 1 CREDIT

This challenging, non-contact boxing course covers basic boxing skills (stance and basic footwork, punches, combinations, defensive moves, etc.) as well as participation in general conditioning activities commonly performed by boxers. Students will learn basic techniques and skills used in boxing including effective bag work, footwork, offensive/defensive tactics, and proper terminology.

Formerly PHED 159 Boxing

Prerequisites: None

Semester Offered: Fall, Spring

CATALOG DESCRIPTION

GOLF – 1 Credit

Introduces students to the basic skills, fundamentals, and techniques of golf, including strategies of play, knowledge of rules, and understanding of etiquette.

Formerly PHED 133 Golf I

Prerequisites: None

Semester Offered: Fall, Summer, Spring

CATALOG DESCRIPTION

TENNIS – 1 Credit

Introduces students to the basic skills, fundamentals, and techniques of golf, including strategies of play, knowledge of rules, and understanding of etiquette.

Prerequisites: None

Semester Offered: Fall, Summer, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Develop a knowledge and understanding of the history of the sport or activity.
2. Exhibit an understanding of the sport terminology.
3. Demonstrate entry-level proficiency and an understanding of the skills, rules, and etiquette associated with the sporting activity.
4. Gain positive health- and skill-related benefits including possible improvement in cardiorespiratory fitness, muscular endurance, joint mobility, agility, balance, and coordination.
5. Utilize specific sport strategies during games or match-play.
6. Gain the fundamental skills for a lifelong activity that promotes an active, healthy lifestyle.