

KINESOLOGY 67, PHYSICAL CONDITIONING
CLUB SPORT PARTICIPATION
FALL 2009

COURES INFORMATION

1. Student must be supervised by an approved instructor, coach, advisor, or club representative. ***Supervisors must be approved by the Club Sports Program Coordinator.***
2. Student must submit the Club Sports Coordinator a signed Kines 67 Participation Agreement by **Friday, September, 11th at 5pm.**
3. Students who successfully pass this course will be granted 1.5 credits for Kinesiology 67, Physical Conditioning.
4. Students may only take advantage of this program one time during their college career. In addition, they may not apply for independent study credits that involve club sports participation.
5. **Students will not be officially enrolled in the course until after successful completion of the Mid Term Exam (80% or better), therefore this course may not be used to fulfill a graduation requirement for graduating seniors.** See Course Requirements #4 for further information.

COURSE REQUIREMENTS

1. Required reading: *Fit and Well, 8th Edition*, Fahey, Insel and Roth
2. Written assignments:
 - a. Goals and objectives paper (20% of total grade): The student must explain his/her goals and objectives related to his/her participation in the club sport organization. Goals and objectives should relate to specific activity (technical progress, understanding of the activity, achievements, etc.) and overall physical conditioning (flexibility, strength training, aerobic conditioning, etc.). The method by which progress will be measured must also be explained. **This assignment must be submitted to the Club Sports Coordinator by Friday, September 11th at 5pm. Goals and Objective papers submitted late will have 1 point (1% of overall course grade) deducted for each day past the due date (including weekends).**
 - b. Ten journal entries (20% of total grade): Each journal entry should be approximately 1 page, typed and double spaced, and must relate to the student's progress toward his/her goals and objectives as outlined in the goals and objectives assignment. **Five (5) journal entries must be submitted to the Club Sports Coordinator by Friday, October 23rd at 5pm; five (5) journal entries must be submitted to the Club Sports Coordinator by Friday, December 4th at 5pm. Journal Entries submitted late will have 1 point (1% of overall course grade) deducted for each day past the due date (including weekends).**
3. Club sport organization participation (30% of total grade): A minimum of 37.5 hours of active participation (practice, instruction, competition) in the club sport organization must be documented on the by the supervisor on the Participation Report. **Participation Report must be submitted to the Club Sports Coordinator by Friday, December 11th at 5pm. Participation Reports submitted late will have 1 points (1% of overall course grade) deducted for each day past the due date (including weekends).**
4. Exams (30% of total grade): Student must achieve at least an 80% on the Mid Term Exam to become enrolled in the course. **Students will not be officially enrolled in the course until after successful completion of the Mid Term Exam.**
 - a. Mid Term Exam: Mid Term exam will be based on the required reading and will cover chapters 1,2,3,9,11. **Date, time, and location TBA.**
 - b. Final Exam: Final Exam will be based on required reading and will cover chapters 4, 5, 6, 7, 8. **Date, time, and location TBA**

PARTICIPATION AGREEMENT

Please submit Kines 67 Participation Agreement to the Club Sports Coordinator in 139 White Building by **Friday, September 11th at 5pm.**

TO BE COMPLETED BY STUDENT

Name: _____ PSU Email address: _____

Local Address: _____ Phone: _____

PSU ID # : _____ Semester/Year for course enrollment: _____

I, _____ understand and agree to the requirements of this
printed name of student
course. By signing this Participation Agreement, I confirm that I am not graduating at the end of this semester and in need of this course to complete graduation requirements. I agree to fulfill the course requirements through my participation in the _____ club sport
name of club sport
organization.

Student's Signature

Date

TO BE COMPLETED BY SUPERVISOR

I, _____, in my position as _____
printed name of supervisor (coach, instructor, advisor, officer, etc)
of the _____ club sport organization, understand and agree to
name of club
enforce the requirements of this course. By signing this Participation Agreement, I agree to accurately document the hours of active participation in the by _____
printed name of student
on each day that he/she participates. I understand that it is the above mentioned student's responsibility to bring his/her Participation Log to each participation, and agree to only sign off on participation hours on the day they occur.

Supervisor's Signature

Date