PE 113 – RECREATIONAL ACTIVITIES

A. COURSE DESCRIPTION
   Group sharing involving recreational games and leisure activities.
   Recommended course for physically handicapped or disabled students.

B. COURSE OBJECTIVES:
   - Gain the importance of recreational activities as means of relaxations,
     pastime or diversion from the usual routine of the day.
   - To share with one another their interest and knowledge in different recreational activities in the class.
   - For the students to learn different recreational activities introduced in the class.

C. COURSE OUTLINE

1. ORIENTATION
   1.1 Course description/objectives
   1.2 Class requirements/policies
   1.3 Department’s policies

2. FITNESS PRE-TEST
   2.1 Skinfold measurement
   2.2 Body fat percentage
   2.3 Lean body weight
   2.4 Fat weight

3. INTRODUCTION/PLANNING
   3.1 Classroom discussion on recreational activities
   3.2 Groupings – brain storming, planning of activities
   3.3 Submission of proposed recreational activity
   3.4 Calendaring of activities

4. GROUP Activity
   4.1 Group Activity 1
   4.2 Group Activity 2
   4.3 Group Activity 3
   4.4 Group Activity 4

5. FITNESS POST-TEST
   5.1 Skinfold measurement
   5.2 Comparison of pre and post tests results

D. COURSE REQUIREMENTS
   - Attendance and participation
   - Wearing of PE uniform
   - Narrative report of group activity
   - Reaction paper on each activity

E. GRADING SYSTEM
   - Attendance and Participation - 40%
   - Fitness Test - 30%
   - Group Presentation - 30%
- Total = 100%

F. CONSULTATION HOURS

- Mon – Fri 9:00m – 10:00 am (by appointment)