

Syllabus Addendum March 30, 2019

PHYS ED 3-82 (Intermediate Tennis) and 4-82 (High Intermediate Tennis)

- I. **Course Description Addition:** As of the week of March 30th this class will be transitioning to a general fitness course for the final 5 weeks of the semester. Students will be completing both a circuit workout and individual aerobic (endurance) activity each week.

- II. **Statement of Course Goal and Learning Outcomes Addition:** As of the week of March 30th this course will include an introduction to general fitness workouts.
Objectives: At the conclusion of this course students shall be able to:
 1. Describe how to create and perform the basic exercises involved in a circuit workout
 2. Demonstrate and perform the basic exercises involved in a circuit workout
 3. Develop and execute a personal aerobic (endurance) activity
 4. Improve their overall general fitness over the course of 5 weeks including an increase in their ability to perform pushups and crunches.

- III. **Method of Assessment and Evaluation:** The achievement of course objectives shall be assessed by the following: observation and assessment of skill as written in the above objectives as well as the objectives from the original syllabus.

- IV. **Course Requirements (March 30-May 1):**
 1. Students are expected to complete both the circuit workout and individual aerobic workout each week. In order to get credit for attending and participating in their weekly class students must fill out the appropriate google form by Friday night of the week of the classes. The circuit workout can be completed at the assigned class time through our Zoom class or on your own if you are unable to make the class time. If you are unable to leave your house because of a quarantine you can also complete the circuit a second time instead of an individual aerobic workout.
 2. Attendance and participation are a large portion of the final grade in the course, and absences will have a negative impact on the final grade. Any class not completed by Friday night of a given week will be counted as an absence.

Tentative Course Schedule (updated March 30)

Level 3 Tennis

March

31 Circuit 1 Workout and Run/Hike/Walk

April

7 Circuit 2 Workout and Run/Hike/Walk

14 Circuit 3 Workout and Run/Hike/Walk

21 Circuit 4 Workout and Run/Hike/Walk

28 Circuit 5 Workout and Run/Hike/Walk

Level 4 Tennis

April

2 Circuit 1 Workout and Run/Hike/Walk

9 Circuit 2 Workout and Run/Hike/Walk

16 Circuit 3 Workout and Run/Hike/Walk

23 Circuit 4 Workout and Run/Hike/Walk

30 Circuit 5 Workout and Run/Hike/Walk