I. Course: Lifetime Sports  Department: Physical Education
Designated Grade Level: 9-12  Course Duration: Semester
Prerequisite: none  Credits: .5
Instructor: Mr. Chris Pilz  Conference hour:
E-mail: cpilz@waynesville.k12.mo.us
Phone: 573-842-2400 Extension: TBA

II. Required books and class material

None

III. Student supply requirements

T-shirt, shorts, socks, tennis shoes

IV. Course Rational

Lifetime Sports is a course that focuses on physical fitness and lifetime skills needed to participate in various team sports.

V. Course Description

Through the participation in several sports, students will gain the knowledge necessary to become an educated participant and spectator. The involvement in specific sports will provide an atmosphere that is enjoyable to the participants, promotes cooperation among peers and develop an appreciation for the degree of fitness necessary to participate. The following sports are included in the course Lifetime Sports: Tennis, Badminton, Bowling, Volleyball, Golf, Washers, Shuffleboard, Basketball, Ultimate Frisbee/Football, Ping Pong, Soccer and other games.

VI. Course Objectives

1. Display good sportsmanship, citizenship, and cooperation, showing respect for themselves and others while participating in all activities.
2. Understand and apply the general rules and regulations to ensure success in each unit presented in team sports.
3. Develop an appreciation for wellness through daily exercise regimen and be able to identify the areas of weakness in different aspects of his/her aerobic capacity and fitness levels.
4. Develop basic fundamental skills necessary to participate in the above-mentioned activities.
5. Demonstrate current level of physical fitness.