

SAULT COLLEGE OF APPLIED ARTS 5. TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: RECREATION & PHYSICAL TRAINING

Code No.: REC 010-1

Program: GAS - Pre-Engineering

Semester: Two

Date: January, 1987

Author

New: Revision:

APPROVED: /? Orf\*^ /?Q 0? 3'7  
Chairperson. Date

G. A.S. Program Attendance

|                       | GRADE |
|-----------------------|-------|
| 85% - 1001 Attendance | A     |
| 701 - 851 Attendance  | B     |
| 55% - 70% Attendance  | C     |

Less than the above will be graded as unsatisfactory attendance.

Rules

1. Proper gym attire (running shoes, gym shorts, etc.) must be worn
2. Sign in upon arrival.
3. Proper use of equipment (ie. therefore no kicking voile)balls around the gym).
4. Must return all equipment used upon completion, to the front office.

Scheduled Periods

Tuesdays 2 - 3p.m.  
Wednesdays 2 - 3p.m.  
Thursdays 9 - 10a.m.

Suggested Activities:

Basketball  
Volleyball  
Ringette  
Raquetball  
Badminton  
Table Tennis  
Pool  
Aerobics Room (bikes)  
Weight Training  
Running