

SYLLABUS FOR PEX 125 C01 SOFTBALL

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Introduction

This course will include a variety of drills and workouts that are designed to improve and expand athlete's knowledge of the game. It is designed for intercollegiate athletes that are looking to continue to grow in the sport of softball and be a part of a team. This class will require you to participate in activities outside of the specified class time.

WARNING!

PLEASE READ CAREFULLY

The program described herein involves the risk of serious injury or death. Programs requiring strenuous physical activity involve serious dangers and inherent risks. By registering for and attending this class, you accept and voluntarily assume these risks. If you are not sure that you are able to participate in strenuous physical activity, you should consult your physician before doing so.

Preparation

Make sure to wear comfortable clothing that allows you to move freely through the exercises. Also make sure to bring, and drink, plenty of water before, during and after you exercise. It is extremely important to be on time. The warm up is essential before exercise. It improves performance and prevents injuries. Don't be late.

Class Participation

This is a 100% of your grade. If you attend the class, you will be expected to do the work. If you are unable to participate for any health reasons (pulled muscles, etc.) you will still need to attend class. I will find you something else that you can do.