



**ATENEO DE MANILA
UNIVERSITY**
Loyola Schools

**SYLLABUS FOR UNDERGRADUATE COURSES
MAJOR, CORE CURRICULUM and ELECTIVES**

A. COURSE INFORMATION

COURSE NUMBER	PHYED 112.20			NO. OF UNITS	2
COURSE TITLE	POWERBOXING				
PREREQUISITE	NONE				
DEPARTMENT / PROGRAM	Physical Education			SCHOOL	SOH
SCHOOL YEAR	2023 – 2024			SEMESTER	2 nd Semester
INSTRUCTOR	RYAN C. GIALOGO				
VENUE	COVERED COURTS	SEC	JJA	SCHEDULE	T-F 9:00 – 10:00AM
VENUE	COVERED COURTS	SEC	KK	SCHEDULE	T-F 10:00 – 11:00AM
VENUE	COVERED COURTS	SEC	LL	SCHEDULE	T-F 11:00am – 12:00PM
DELIVERY MODE	ON SITE				

B. COURSE DESCRIPTION

Power boxing is a modern physical fitness activity that many people are getting into nowadays. It is real boxing training without the risk of injuries caused by sparring. Power boxing makes use of shadow boxing training and focus mitt training, which covers all the fundamentals of boxing, which are: punching; slipping, bobbing and weaving; blocking, parrying, and covering; and footwork. Currently, many enthusiasts avail of this type of training in many of the fitness gyms all over the country, since what most people want is to get the benefits of training in boxing (physical fitness and self-defense) without really having to spar or compete in the ring. Although the course is designed for students who are assumed to have zero or near zero skill in boxing, students with prior boxing training also benefit from the class by having their technique refined and enhanced. The training framework is an amalgam of the most prominent and modern boxing philosophies at the time it was formed, and is designed to be the foundation from which more advanced boxing training can be pursued and higher level boxing skills can be attained.

WHERE IS THE COURSE SITUATED WITHIN THE FORMATION STAGES IN THE FRAMEWORK OF THE LOYOLA SCHOOLS CURRICULA	
	FOUNDATIONS: Exploring and Equipping the Self
	ROOTEDNESS: Investigating and Knowing the World
	DEEPENING: Defining the Self in the World
	LEADERSHIP: Engaging and Transforming the World

C. *PROGRAM LEARNING OUTCOMES

Alignment of the Course to the Program Learning Outcomes

PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7
Exemplify a lifelong commitment to fitness, health and wellness.	Internalize the value of physical activity, exercise, and nutrition on one's overall fitness, wellness, and health.	Discern life choices pertaining to a fit and healthy lifestyle.	Evaluate information and issues related to fitness, health, wellness, dance and sports, using appropriate critical approaches and scientific thinking.	Create a system of coordinated and complex movement patterns to competently perform a chosen physical activity, exercise, or sport, in pursuit of fitness, health, and wellness.	Demonstrate basic movement skills needed for daily physical activities.	Exhibit Ignatian ideals in personal and social behaviour in physical activity, exercise, sports, and wellness.

D. COURSE LEARNING OUTCOMES

Alignment of the Course to the Core Curriculum Learning Outcomes

The Ideal Ateneo Graduate: A Person of Conscience Competence Compassion Commitment							
CCLO 1	CCLO 2	CCLO 3	CCLO 4	CCLO 5	CCLO 6	CCLO 7	CCLO 8
Exemplify a commitment to wellness and health	Create a system of coordinated and complex movement patterns to competently perform a chosen	Discern life choices pertaining to one's lifestyle and diet	Evaluate information and issues related to health using appropriate critical approaches and scientific thinking	Internalize the value of physical activity and nutrition	Demonstrate basic movement skills needed for day to day activities	Exhibit Ignatian ideals in personal and social behaviour in physical activity settings	

	physical activity						
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By the end of this course, students should be able to:

COURSE LEARNING OUTCOMES
CLO1: To develop fluid, graceful, coordinated, tactical, applicable, efficient, and refined Boxing skills
CLO2: To be able to execute a smooth and seamless integration of single attacks and defense, combinations, counters, and chains
CLO3: To develop a basic understanding of an opponent and how to use Boxing skills as way to defend oneself
CLO4: To learn and develop stance and footwork that will enable Boxing techniques to be launched with ease, balance, proper body mechanics and center of gravity
CLO5: To be able to be aware of and develop skill – related fitness components such as speed, power, and reaction time through training and physical conditioning
CLO6: To understand how improved physical conditioning can also improve overall performance of boxing drills and skills
CLO7: To understand how Boxing as a physical fitness activity can be an effective way to work out even in the confines of one's home, in order to address basic health – related fitness components such as muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, and body composition

E. COURSE OUTLINE and LEARNING HOURS

Course Outline	CLOs	Estimated Contact or Learning Hours
Module 1 Basic Stance, Guard,Punches and Combinations Basic Fighting Stance and Guard Position Jab and Straight Hook Uppercut Combination 1: Jab, Jab-Straight Combination 2: Double Jab, Jab-Straight Combination 3: Straight-Hook-Straight Combination 4: Hook-Straight-Hook Combination 5: Upper-Hook-Straight Combination 6: Upper-Upper-Hook-Straight Chain 1: Jab, Jab-Straight, Jab-Straight-Hook-Straight, Jab-Straight, Jab-Straight <i>*Source: The Powerboxing Curriculum</i>	CLO 1,2,3,4,6,7	7

Module 2 Basic Defense and Counters Bob Lead / Rear Weave Lead / Rear Bob Lead Counter Using Combination 6 Bob Rear Counter Using Combination 5 Weave Lead Counter Using Combination 4 Weave Rear Counter Using Combination 3 Set Up Using Combination 1 Set Up Using Combination 2 <i>*Source: The Powerboxing Curriculum</i>	CLO 1,2,3,4,5,7	7
Module 3 Footwork Light Bounce and Weight Shift Forward Shuffle Back Shuffle Shift Switch Quarter-circle Turn Combination Footwork <i>*Source: The Powerboxing Curriculum</i>	CLO 1,2,3,4,5,6,7	7
Module 4 Basic Conditioning Exercises Push Ups Crunches Supermans Oblique Crunches Squats Wall Calf Raise Wall Plantar Flexion	CLO 5,6,7	4
Module 5 Circuit Training Basic Conditioning Exercises Tabata Plyometrics	CLO 5,6,7	4
Module 6 Full Boxing Workout Various Combinations Target Training	CLO 1,2,3,4,5,6,7	5
Total		34

F. ASSESSMENTS AND RUBRICS

Assessment Tasks	Assessment Weight	CLOs
Conditioning Benchmarking Test / Screening (Formative) - to be given at the beginning of Module 1 - based on materials from Module 0, students will perform a diagnostic test to determine current strength levels - protocols from physical fitness testing will be applied for the: push up and curl up - endurance test will also be measured for the oblique crunches and squats - students with physical / medical conditions and/or concerns will be noted	0	5,6,7

<ul style="list-style-type: none"> - based on diagnostic results, the students will be given a conditioning program to follow and a training diary to maintain - students who cannot follow the general program will be given physical programs suited to their conditions 		
<p>Foundation Forms Check (Formative)</p> <ul style="list-style-type: none"> - to be given at the end of Module 1 - students will form groups of 4 - students will perform all the basic punches and combinations in an order or pattern that will be given in the instructions, in a video - the students will collate the videos and edit them so that the 4 videos will be in one screen to be viewed simultaneously by the instructor - comments and corrections will be given by the instructor in a video conference that is synchronous for the group, along with 2 to 4 other groups for that schedule - there will be at least one representative for each group to record said comments, for the benefit of other students who may not be able to go online 	0	1,2,3,4
<p>Defense, Counter, and Footwork Check (Formative)</p> <ul style="list-style-type: none"> - to be given in the middle of Module 3 - students will form groups of 4 - students will perform all the four counters, as well as the footwork prescribed, based on a pre-arranged pattern that will be set in the instructions, in a video - the students will collate the videos and edit them so that the 4 videos will be in one screen to be viewed simultaneously by the instructor - comments and corrections will be given by the instructor in a video conference that is synchronous for the group, along with 2 to 4 other groups for that schedule - there will be at least one representative for each group to record said comments, for the benefit of other students who may not be able to go online 	0	1,2,3,4
<p>Online Test (Summative)</p> <ul style="list-style-type: none"> - students will answer an online quiz - quiz items will test the students' knowledge and understanding of the foundation forms of punching: correct angles, hand, shoulder, elbow, foot positions and placing, delivery, target areas, extension and stopping points, qualities of effort, and other points of consideration in delivering proper form and technique - items will be based on lecture and materials presented 	20%	1,2,3,4
<p>Shadowboxing: Practical Test 1 (Summative)</p> <ul style="list-style-type: none"> - to be given at the end of Module 3 - the students, in groups of 4, will submit a video performing the Foundation Forms and the Defense, Counter, and Footwork forms, in a pre-arranged set of patterns to be determined by the instructor, to be set in the instructions for said video 	30%	1,2,3,4,5
<p>Full Boxing Workout: Practical Test 2 (Summative)</p>	40%	1,2,3,4,5,6,7

<ul style="list-style-type: none"> - to be given at the end of Module 6 - the students, in groups of 4, will submit a video performing the Foundation Forms and the Defense, Counter, and Footwork forms, in any arrangement that they want, be it free style or prearranged - basic conditioning exercises must be incorporated in a circuit - the full boxing workout must be shown to have all the components of a full boxing workout: a warm up and stretching routine; a basics set showing some techniques, combinations, and chains; a reaction component showing counter techniques against an imaginary opponent; a conditioning program featuring a circuit training program containing the basic conditioning exercises; and a cool down post – workout routine 		
Discussion Participation (Summative) - based on the discussion board, students must give input and participate	10%	1,2,3,4,5,6,7
Total	100%	

RUBRICS:

I. Online Test (20%)

Students will answer a 20 – item quiz (one point each), checking their understanding of proper form and delivery of technique, as well as knowledge of how well they have learned the Boxing training terminologies and program protocols.

II. Shadowboxing – Practical Test 1 (30%)

Concerns Areas that Need Work	Criteria Standards for This Performance TOTAL: 10 points (1 point per Criteria)	Advanced Evidence of Exceeding Standards
	Criteria 1: Maintained proper basic fighting stance and guard position	
	Criteria 2: Performed proper jabs and straight punches	
	Criteria 3: Performed proper hook punches	
	Criteria 4: Performed proper uppercut punches	

	Criteria 5: Performed proper combinations	
	Criteria 6: Performed proper defense (bob and weave)	
	Criteria 7: Performed the prescribed counters	
	Criteria 8: Performed proper weight shifting, bod mechanics, and footwork with the punching movements	
	Criteria 9: Performed boxing movements with proper coordination and balance	
	Criteria 10: Performed movements with sufficient speed, succession, breathing, and intensity	

Transmutation Table for Shadowboxing: Points and Grade Equivalents

POINTS	LETTER GRADE EQUIVALENT
9 – 10	A
7 – 8	B+
5 – 6	B
3 – 4	C+
1 – 2	C
0	Failure

III. Full Boxing Workout – Practical Test 2 (40%)

Concerns Areas that Need Work	Criteria Standards for This Performance TOTAL: 40 points (10 points per Criterion)	Gradient and Rubric	
		GRADIENT	RUBRIC
	Criterion 1: Performed proper overall FORM, including proper punching, defense, counter, and footwork	9 – 10	Excellent
		7 – 8	Very Good
		5 – 6	Average
		3 – 4	Poor
		1 – 2	Very Poor

		0	Failure
	Criterion 2: Performed proper overall DELIVERY, including speed, succession, intensity, breathing, coordination, and balance	9 – 10	Excellent
		7 – 8	Very Good
		5 – 6	Average
		3 – 4	Poor
		1 – 2	Very Poor
		0	Failure
	Criterion 3: Performed proper overall INTEGRATION, including good variation, visualization, seamless combination, and creativity	9 – 10	Excellent
		7 – 8	Very Good
		5 – 6	Average
		3 – 4	Poor
		1 – 2	Very Poor
		0	Failure
	Criterion 4: Creation of a full boxing workout routine that involves all the necessary parts of a workout: warm up and stretching; boxing skills training; conditioning exercises; and proper cool down.	9 – 10	Excellent
		7 – 8	Very Good
		5 – 6	Average
		3 – 4	Poor
		1 – 2	Very Poor
		0	Failure

Qualitative Descriptions on Levels of Performance for the FORM Criterion

Excellent. The student has performed excellent to near perfect form of shadowboxing as taught in class. The proper punching angles, target areas were executed. Defensive techniques were properly executed. The counter combinations were properly executed. Footwork was properly executed together with the offensive and defensive techniques. This merits a grade of 9 or 10 depending on the quality of performance.

Very Good. The student has displayed a very good execution of shadowboxing as taught in class. There may be one to two areas of improvement regarding form on punching, defense, counters, and / or footwork. This merits a grade of 7 or 8 depending on the quality of performance.

Average. The student has displayed an average execution of shadowboxing as taught in class. There may be three to four areas of improvement regarding form on punching, defense, counters, and / or footwork. This merits a grade of 5 or 6 depending on the quality of performance.

Poor. The student has displayed poor execution of shadowboxing as taught in class. There may be one to two glaring mistakes in execution regarding form on punching, defense, counters, and / or footwork. This merits a grade of 3 or 4 depending on the quality of performance.

Very Poor. The student has displayed a very poor execution of shadowboxing as taught in class. There may be three or more glaring mistakes in execution regarding form on punching, defense, counters, and / or footwork. This merits a grade of 1 or 2 depending on the quality of performance.

Failure. The student has failed to display any learnings in class regarding shadowboxing form. The student merits a grade of 0 for this criterion.

Qualitative Descriptions on Levels of Performance for the DELIVERY Criterion

Excellent. The student has performed excellent to near perfect delivery of shadowboxing as taught in class. Shadowboxing offensive and defensive techniques were performed with sufficient speed, succession, and intensity. Shadowboxing offensive and defensive techniques were performed with proper breathing, coordination, and balance. This merits a grade of 9 or 10 depending on the quality of performance.

Very Good. The student has displayed a very good delivery of shadowboxing as taught in class. There may be one to two areas of improvement regarding speed, succession, intensity, breathing, coordination, and balance. This merits a grade of 7 or 8 depending on the quality of performance.

Average. The student has displayed an average delivery of shadowboxing as taught in class. There may be three to four areas of improvement regarding speed, succession, intensity, breathing, coordination, and balance. This merits a grade of 5 or 6 depending on the quality of performance.

Poor. The student has displayed a poor delivery of shadowboxing as taught in class. There may be one to two glaring areas of improvement in execution regarding speed, succession, intensity, breathing, coordination, and balance. This merits a grade of 3 or 4 depending on the quality of performance.

Very Poor. The student has displayed a very poor delivery of shadowboxing as taught in class. There may be three or more glaring areas of improvement in execution regarding speed, succession, intensity, breathing, coordination, and balance. This merits a grade of 1 or 2 depending on the quality of performance.

Failure. The student has failed to display any learnings in class regarding shadowboxing delivery. The student merits a grade of 0 for this criterion.

Qualitative Descriptions on Levels of Performance for the INTEGRATION Criterion

Excellent. The student has performed excellent to near perfect integration of shadowboxing as taught in class. Shadowboxing offensive and defensive techniques were performed with sufficient variation, visualization, seamless combination, and creativity. This merits a grade of 9 or 10 depending on the quality of performance.

Very Good. The student has displayed a very good integration of shadowboxing moves as taught in class. There may be one to two areas of improvement regarding variation, visualization, seamless combination, and creativity. This merits a grade of 7 or 8 depending on the quality of performance.

Average. The student has displayed an average integration of shadowboxing moves as taught in class. There may be three to four areas of improvement regarding variation, visualization, seamless combination, and creativity. This merits a grade of 5 or 6 depending on the quality of performance.

Poor. The student has displayed a poor execution of shadowboxing moves as taught in class. There may be one to two glaring areas of improvement in execution regarding variation,

visualization, seamless combination, and creativity. This merits a grade of 3 or 4 depending on the quality of performance.

Very Poor. The student has displayed a very poor execution of shadowboxing moves as taught in class. There may be three or more glaring areas of improvement in execution regarding variation, visualization, seamless combination, and creativity. This merits a grade of 1 or 2 depending on the quality of performance

Failure. The student has failed to display any learnings in class regarding the integration of shadowboxing moves. The student merits a grade of 0 for this criterion.

Qualitative Descriptions on the Creation of a Full Boxing Workout Routine Criterion

Excellent. The group has created a full boxing workout routine that has all the necessary components of a full and proper boxing workout routine: a proper warm up; a full body stretching routine; a shadowboxing routine incorporating basic punches, combinations, chains, defense, counters, and footwork, while demonstrating proper delivery and integration; a strengthening program involving the most basic exercises (push – ups, crunches, supermans, oblique crunches, and squats); and a proper cool down routine. This merits a grade of 9 or 10 depending on the quality and comprehensiveness of the output.

Very Good. The group has created a full boxing workout routine that has almost all the necessary components of a full and proper boxing workout routine, with one component missing or inadequate: a proper warm up; a full body stretching routine; a shadowboxing routine incorporating basic punches, combinations, chains, defense, counters, and footwork, while demonstrating proper delivery and integration; a strengthening program involving the most basic exercises (push – ups, crunches, supermans, oblique crunches, and squats); and a proper cool down routine. This merits a grade of 7 or 8 depending on the quality and comprehensiveness of the output.

Average. The group has created a full boxing workout routine that has almost all the necessary components of a full and proper boxing workout routine, with two components missing or inadequate: a proper warm up; a full body stretching routine; a shadowboxing routine incorporating basic punches, combinations, chains, defense, counters, and footwork, while demonstrating proper delivery and integration; a strengthening program involving the most basic exercises (push – ups, crunches, supermans, oblique crunches, and squats); and a proper cool down routine. This merits a grade of 5 or 6 depending on the quality and comprehensiveness of the output.

Poor. The group has created a full boxing workout routine that has almost all the necessary components of a full and proper boxing workout routine, with three components missing or inadequate: a proper warm up; a full body stretching routine; a shadowboxing routine incorporating basic punches, combinations, chains, defense, counters, and footwork, while demonstrating proper delivery and integration; a strengthening program involving the most basic exercises (push – ups, crunches, supermans, oblique crunches, and squats); and a proper cool down routine. This merits a grade of 3 or 4 depending on the quality and comprehensiveness of the output.

Very Poor. The group has created a full boxing workout routine that has almost all the necessary components of a full and proper boxing workout routine, with four or more components missing or inadequate: a proper warm up; a full body stretching routine; a shadowboxing routine incorporating basic punches, combinations, chains, defense, counters, and footwork, while demonstrating proper delivery and integration; a strengthening program involving the most basic exercises (push – ups, crunches, supermans, oblique crunches, and squats); and a proper cool down routine. This merits a grade of 3 or 4 depending on the quality and comprehensiveness of the output.

Failure. The group has failed to submit this final output.

Transmutation Table for the Full Boxing Workout: Points and Grade Equivalents

POINTS	LETTER GRADE EQUIVALENT
34 – 40	A
27 – 33	B+
19 – 26	B
11 – 18	C+
1 – 10	C
0	Failure

IV. Discussion Participation (10%)

Students will engage in the class online discussions. Topics range from lessons learned in class to facilitation of lessons. Students must respond to inquiries made by the teacher. Non participation in discussions but completing all class requirements merit a grade of 7. A gradient of 8 to 10 will be used, in consideration of a student's relevant input in the discussions.

G. TEACHING and LEARNING METHODS

TEACHING & LEARNING METHODS and ACTIVITIES	CLOs
Module 1 Teaching of foundation forms through synchronous and asynchronous methods, by means of video conferencing, video and powerpoint lectures and materials, GIF materials, PDF materials, discussions, and web articles.	CLO 1,2,3,4,6,7
Module 2 Teaching of defense and counter techniques through synchronous and asynchronous methods, by means of video conferencing, video and powerpoint lectures and materials, GIF materials, PDF materials, discussions, and web articles.	CLO 1,2,3,4,5,7
Module 3 Teaching of footwork through synchronous and asynchronous methods, by means of video conferencing, video and powerpoint lectures and materials, GIF materials, PDF materials, discussions, and web articles.	CLO 1,2,3,4,5,6,7
Module 4 Teaching of conditioning through synchronous and asynchronous methods, by means of video conferencing, video and powerpoint lectures and materials, GIF materials, PDF materials, discussions, and web articles. The full boxing training workout will be implemented.	CLO 1,2,3,4,5,6,7

H. REQUIRED READINGS

Boxing. Columbia Electronic Encyclopedia (6th ed.). (2010). Retrieved January 14, 2011 from <http://search.ebscohost.com>.

Gialogo, Ryan C. *The Powerboxing Manual*. 2017. (final editing ongoing)

Jako, P. (2009). Boxing. *Combat Sports Medicine*, DOI: 10.1007/978-1-84800-354-5_12, 193 – 213. Retrieved January 14, 2011, from <http://search.ebscohost.com>.

United States Amateur Boxing, Inc. (1995). *Coaching Olympic style: Boxing*. USA: I.L. Cooper.

I. SUGGESTED READINGS

Cardwell, G. (c2006). *Gold medal nutrition* (4th ed). Champaign, IL: Human Kinetics.

Denegar, C.R., Saliba, E., & Saliba, S. (c2006). *Therapeutic modalities of musculoskeletal injuries*. Champaign, IL: Human Kinetics.

Miller, D.K. (c2006). *Measurement by the physical educator: Why and how*. Boston: McGraw – Hill.

Pardam, D. (Ed.). (2007). *Psychological bases of sport injuries* (3rd ed.). Morgantown, WV: Fitness Information Technology.

Prentice, W.E. (c2006). *Arnheim's principles of athletic training: A competency – based approach* (12th ed.). Boston: McGraw – Hill.

Seabourne, T. (2006). *The complete idiot's guide to fitness boxing illustrated*. USA: Alpha.

Spengler, J.O., Connaughton, D.P., & Pittman, A.T. (c2006). *Risk management in sport and recreation*. Champaign, IL: Human Kinetics.

J. GRADING SYSTEM

Components of the final grade:

Online Quiz:	20%
Shadowboxing – Practical Test 1:	25%
Full Boxing Workout – Practical Test 2:	35%
Class Participation:	20%
Total:	100%

1. Online Quiz

- The online quiz will be accessed through Canvas and will be open once the materials covered by the quiz have been covered.

2. Shadowboxing

- This practical test will be performed face to face. However, the professor has the prerogative to allow online submissions as per case to case basis.

3. The full boxing workout will be a video recording, performed in groups. This is the culmination of the class and should display the sum of knowledge and skills acquired in class throughout the semester.

4. Class Participation

- This component is dependent on the amount and quality of work that the student has put in class. Below are the assignments, distribution, and rubrics for class participation:

CLASS PARTICIPATION DISTRIBUTION				
MODULE 0	MODULE 1	MODULE 2	MODULE 3	MODULE 4
Intro and etc...	WEEK 1	WEEK 6	WEEK 11	WEEK 16
	WEEK 2	WEEK 7	WEEK 12	WEEK 17
	WEEK 3	WEEK 8	WEEK 13	WEEK 18
	WEEK 4	WEEK 9	WEEK 14	FINALS
	WEEK 5	WEEK 10	WEEK 15	

RUBRICS FOR CLASS PARTICIPATION									
Criteria	Very Good		Good		Average		Fair		Poor
Level of Engagement/Impact of participation during the entire semester: quality of tasks performance and overall execution of the required course activities, compliance with the course requirements and delivery of tasks on time, in official LS PE uniform.	Student exceeds expectations and compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of tasks on time, in official LS PE uniform.		Student meets expectations and compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of task on time, in official LS PE uniform.		Student partially meets expectations and compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of tasks on time, in official LS PE uniform.		Student is developing compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of tasks on time, in official LS PE uniform.		Student is below compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of task on time, in official LS PE uniform.
TASK PERFORMANCE	10	9	8	7	6	5	4	3	2 1
PUNCTUALITY	10	9	8	7	6	5	4	3	2 1
PE UNIFORM	10	9	8	7	6	5	4	3	2 1

Numerical Equivalent of Letter Grades

A	=	95 – 100
B+	=	90 – 94
B	=	85 – 89
C+	=	80 – 84
C	=	75 – 79
D	=	70 – 74
F	=	Below 70

K. CLASS POLICIES

K.1 Departmental / University Policies

1. The official **Learning Management System (LMS)** for this course will be **Canvas**.
2. Only students who are officially enrolled will be included in the Canvas course.
3. Only students who are officially enrolled will be allowed to take assessments.
4. Students who require support for Canvas may seek help by sending email to LS-One (ls.one@ateneo.edu) using their obf email.
5. Grades reflected in Canvas are not necessarily the official grades for the course.
6. The official and final grade for the course is encoded in the ASIS.
7. **Attendance, Tardiness and Absences.** Attendance will be checked every meeting. For a one hour class, tardiness will be given to student late by 11 minutes, and marked as absent 15 minutes thereafter. Four (4) cuts are the maximum number of absences allowed in PE program per semester (Revised LS Regulations 30 April 2021 p. 13) including Dean's lister. A mark of W (Withdrawal without Permission) will be given to students who exceed the maximum number of absences. Students will received the grade of W (Withdrawal without Permission) if the highest possible total % weight, as indicated in the syllabus, of requirements they have fulfilled is **less than 33.33 % by the end of the academic term**.
8. **Class participation.** Class participation refers to the level of engagement/impact of participation during the entire semester: Quality of tasks performance and overall execution of the required course activities, compliance with the course requirements and delivery of tasks on time, and attending the class in official LS PE uniform. Point deductions will be given to incomplete task performance, tardiness, late submission and/or presentation of the required assignments or activities, and not wearing the official LS PE uniform during PE time.
9. In lieu of class participation, the teacher reserves the right and option to assign students either of the following:
 - a. missed required task performance
 - b. alternative activity/project

These are applicable only on the basis of submitting proper documents confirmed by designated Ateneo offices (e.g., OHS, OGC).
10. **Class Beadle.** A class beadle will be assigned to assist the teacher in disseminating information or making announcements in the Canvas inbox. The class beadle is also expected to assist the teacher in guiding students pertinent to the given tasks.
11. **Communication.** Students are encouraged to communicate with their teacher for feedback and concerns before resorting to alternative means. For privacy and security reasons, only the official Ateneo accounts (obf.ateneo.edu) of students will be recognized. This applies to Canvas inbox, emails and asynchronous sessions. Likewise, teachers will only use their official Ateneo account (ateneo.edu). Students are expected to be responsible in fulfilling the requirements and meeting deadlines. In case a student encounters a reasonable issue or concern, the student must inform the teacher BEFORE the deadline/assessment schedule.
12. **Academic Integrity.** It is the responsibility of every student to know the standards of conduct and expectations of academic integrity that apply to each undertaking. Academic dishonesty will not be tolerated and will result in the maximum penalty as defined in the Student Handbook. Below are examples of academic dishonesty:
 - Cheating during exams,
 - Copying another student's work including assignments and reports,
 - Receiving assistance from anyone else with quizzes or assignments,
 - Fabrication of data, and
 - Plagiarism.
13. **Academic Conduct.** Students are expected to treat their peers and teachers with respect at all times even in an online environment. Committing any form of discourtesy or misbehavior may lead to disciplinary action. Academic policies can be found in LS-One (20210129 ADAA_ADGP Memo Academic Policies)

14. **LS Gender Policy.** Ateneo de Manila University does not discriminate on the basis of sex, gender, marital or parental status, sexual orientation, or gender identity or expression. See the following link for more information on the LS Gender Policy: www.ateneo.edu/ls/ls-gender-policy.

K.2 Additional Policies and Reminders

1. Address teacher as Sir or Coach.
2. Submit all requirements. Late submissions of major requirements will incur deductions. Missing submissions of minor requirements will incur an automatic grade of 0 (zero).
3. Inform teacher about medical or physical concerns / conditions.
4. Observe proper respect and etiquette.
5. Be considerate and understanding. Everyone is adjusting to the new normal form of learning.
6. Read and review other policies, instructions, and details from Module 0.
7. For updates, pay attention to announcements in Canvas, and use Canvas mail to communicate with the teacher. For follow up, inform the beadle to get in touch with the teacher.

L. CONSULTATION HOURS

NAME OF FACULTY	EMAIL	DAY/S	TIME
Ryan C. Gialogo	rcgialogo@ateneo.edu CANVAS mail is better	Mondays Or by appointment	4 to 6pm

M. ADDITIONAL NOTES

Reference:

Core Curriculum Learning Outcomes (CCLOs)

LEGEND:	
CCLO 1	Demonstrate effective communication skills (listening and speaking, reading and writing) in English and Filipino.
CCLO 2	Evaluate information and issues in various spheres of life using mathematical reasoning and statistical tools to process and manage data.
CCLO 3	Propose ways to address pressing social and ecological problems using appropriate critical approaches and scientific thinking
CCLO 4	Develop a creative and moral imagination that is responsive to contemporary global realities and challenges, but also deeply rooted in local histories, conditions, norms, and institutions.
CCLO 5	Internalize the significance and value of her/ his unique existence and purpose in life in light of Christian faith.
CCLO 6	Discern life choices with a keen awareness of ethical dilemmas and considerations.
CCLO 7	Exemplify a commitment to enhancing human life and dignity, especially those who are excluded and in greatest need.
CCLO 8	Practice a vision of leadership and committed citizenship rooted in Christian humanism.