

**OXFORD COLLEGE OF EMORY  
UNIVERSITY**

CHL

**Spring 2016 Course Syllabus**  
**Tu & Th TuTh 1:40PM - 2:55PM**  
**PE\_OX 146 - 01J Jogging**  
Topics In Lifetime Activities  
**Jogging**

**Instructor:** Coach Gregory Moss-Brown

**Office Location:** Williams Gymnasium  
**Office Hours:** MW 1-3, Alt times by appt.  
**Telephone:** 770-784-4672  
**Email:** [mossbrown@emory.edu](mailto:mossbrown@emory.edu)

**COURSE DESCRIPTION:** This course is designed to provide students with an understanding of running/jogging as a way to develop and maintain cardiovascular and aerobic fitness as well as developing a healthy and sustainable physical active lifestyle.

**Course Objectives:** As a result of this course, the student will be able to:

1. Identify the components of physical fitness.
2. Assess and evaluate ones present physical fitness status.
3. Improve and maintain personal fitness.
4. Learn and identify the importance of nutrition and psychology in relation to running.
5. Understand the biomechanics & kinesiology of running
6. Explain the symbiosis between running and other disciplines

**Value Awareness:** Throughout the course the students are challenged to question the bases for running and physical fitness as having an impact on individual, the family, the community and society in general. The student is encouraged to examine others values and their own in the application of jogging as a multicultural lifetime fitness activity.

**Instructional Activities and Methodology:**

Ways of inquiry & developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunity to improve their cognitive knowledge, motor skills, and personal health and wellness from classroom lectures, discussions, visual aids, and a variety of running assignments

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**Spring 2016 Course Syllabus**  
**Tu & Th TuTh 1:40PM - 2:55PM**  
**PE\_OX 146 - 01J Biking**  
Topics In Lifetime Activities  
**Outdoor Biking**

**Instructor:** Coach Gregory Moss-Brown

**Office Location:** Williams Gymnasium  
**Office Hours:** MW 1-3, Alt times by appt  
**Telephone:** 770-784-4672  
**Email:** [mossbrown@emory.edu](mailto:mossbrown@emory.edu)

**COURSE DESCRIPTION:** The cycling portion of the class will cover the following components: rules of the trail and road, safety, riding technique, clothing, equipment, history, physiology and basic bike maintenance. Upon completion of the course, the student will have learned safe and effective biking techniques, improved his/her fitness, and acquired basic bike maintenance skills. Oxford |College of Emory University will provide you with a bike for the class as well as a helmet.

**Course Objectives:** Upon completion of the course the student will be able to:

1. Explain the physiological basis of bike riding
2. Define, understand, and implement road safety habits
3. Compare and Contrast the Risks and Benefits of Performance and Health Related Physical Fitness Training associated with specific Age, Gender, and ethnic Populations.
4. Prepare students for practicing in the field.

**Value Awareness:** Throughout the course the student are challenged to question the bases for cycling and physical fitness as an impact on individual, the family, the community and society in general. The student is encouraged to examine other values and their own values in the application of cycling as a multicultural lifetime fitness activity.

**Instructional Activities and Methodology:**

Ways of inquiry & developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunity to improve their cognitive knowledge, motor skills, and personal health and wellness from classroom lectures, discussions, visual aids, and a variety of running assignments

## **Evaluation:**

### ***Final Exams (20%)***

### ***In Class Jogging & Written Assignments (60%)***

***Participation/Attitude/& Dress (20 %)***

***For each class tardy -5%***

### **Grading Summary:**

**A=92.0–100**

**A-= 90.0-91.9**

**B+=88.0–89.9**

**B=82.0-87.9**

**B-=80.0–81.9**

**C+=78.0–79.9**

**C=72.0-77.9**

**C-=70.0-71.9**

**D+=68.0-69.9**

**D=60.0–67.9**

**F=0 – 59.9**

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

## **Evaluation:**

### ***Final Exams (20%)***

### ***In Class Biking & Written Assignments (60%)***

***Participation/Attitude/& Dress (20 %)***

***For each class tardy -5%***

### **Grading Summary:**

**A=92.0–100**

**A-= 90.0-91.9**

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**Performance goals and student expectations:**

**Assignments:** Each student will demonstrate knowledge of the subject through written and/or oral examinations and class running assignments. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are penalized at 10% per day not turned in. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and syntax. Assignments are always due electronically prior to the commencement of each class.

In case of death (in the family), severe illness, and school functions, the instructor must be notified before missing class. Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions.

**Text** There is no required text for this class.

**Participation and safety:** Ride safely! Students are expected to participate in the weekly rides, and they must not endanger the safety of themselves or others while participating in the rides. Students are encouraged to bring water and must run with at least one other student at all times and carry a cell phone.

**Performance goals and student expectations:**

**Assignments:** Each student will demonstrate knowledge of the subject through written and/or oral examinations and class riding assignments. Each student will be required to complete assignments on assigned dates. Late materials and make-ups are penalized at 10% per day not turned in. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and syntax. Assignments are always due electronically prior to the commencement of each class.

In case of death (in the family), severe illness, and school functions, the instructor must be notified before missing class. Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions.

**Text** There is no required text for this class.

**Participation and safety:** Ride safely! Students are expected to participate in the weekly rides, and they must not endanger the safety of themselves or others while participating in the rides. **Students are encouraged to bring water and must wear helmets during all rides.** Furthermore, students must ride with at least one other student and at least one student in the group has a cell phone.