

OXFORD COLLEGE Division of Physical Education & Dance

PE 106 Aerobic Movement (Adapted)

Gayle Doherty

Spring 1992

OFFICE 4A

PHONE: 4-8371

OFFICE HOURS: 1-2 M-W-F / 2-3 T-Th or by appointment

Help sessions by request

**COURSE DESCRIPTION:** This syllabus is designed for students who are unable to complete the practical portion of Aerobic Movement. It is intended to provide information which may be useful in the future.

**TEXT:** Aerobic Movement - Richard T. Shappell

**MEETING ROOM:** This class will meet in the Dance Studio or in Classroom 8 unless otherwise announced or posted on the board at the main entrance to the gym.

**ATTENDANCE:** The student will attend class to observe when it is useful and to read about related topics when it is not useful. Material for these readings will be provided.

**COURSE REQUIREMENTS AND GRADING SYSTEM:**

**10% LAB QUIZ:**

Covering a reading assignment and an exercise laboratory experience

**20% PRACTICAL I:**

An evaluation of the students understanding of body alignment and exercise technique. The student will explain verbally the principles that the other students will demonstrate physically.

**30% RESEARCH PAPER:**

The student will write a 10 page research paper with at least 4 reliable sources on how to design an aerobic training program. Two sources will be provided on reserve in the Oxford College library. This topic will include a discussion of fitness testing, high impact, low impact, ways to control intensity, weather conditions, training benefits, progressive overload, motivation, types of aerobic training, cross training, and ways to adapt a program if circumstances require an adaptation. All information must be documented.

This paper is due on Tuesday, April 28th at 11:30 am.

**20% MIDTERM:**

Covering all reading assignments and class lectures prior to midterm

**20% FINAL:**

Covering all reading assignments and class lectures following midterm

THE OXFORD COLLEGE HONOR CODE APPLIES AND IS RESPECTED IN THIS CLASS.

EMORY UNIVERSITY



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OXFORD COLLEGE Division of Physical Education & Dance

ATTENDANCE POLICY

Gayle Doherty

Fall 1992

OFFICE 4A

PHONE: 4-8371

PHONE: 4-8371

OFFICE HOURS: 2-3(MWF) 10-11 (TTh) or by appointment

If I am not in my office look in the dance studio.

Help sessions by request

**ATTENDANCE:**

If you miss class you are still responsible for what was covered. This includes lectures, assignments, announcements, and handouts. **Three** absences (MWF) and **two** absences (TTh) are permitted without penalty. Save and use these absences wisely. If a student uses these absences for unvalidated reasons, later validated absences will not be excused. If a student uses the given absences for validated reasons and then has further validated absences these will be excused and make-up work will be provided. Validated absences include notes from medical professionals for medical situations and from the Oxford College Academic Coordinator, Mary Cohen (4-8310) for personal emergencies. If validated absences become too numerous, the student may be required to complete an alternate syllabus. (See the last paragraph below) Religious holidays approved by Oxford College may be observed without penalty but students must inform me in writing and in advance that they will be observing these holidays.

\*\*\* **Excess absences** will be reflected in the practical grade that evaluates daily participation. Students should come to class on time, be alert, and should participate with energy. Students will receive **2 points** for each day of full, quality participation. If a student's participation is not judged as quality or participation is restricted because of illness but the student is in attendance, **1 point** will be earned. Students who are absent will receive **0 points**. Quality participation will be evaluated on the basis of effort, whether the student is focused on the work and is participating in a correct manner. At the end of the semester points will be added up and multiplied by the number of class meetings. (see syllabus - PRACTICAL III)

**ILLNESS:**

In case of illness come to class when possible to observe new material or to work on a sedentary assignment. Please note that this will not be a time to study for another class or socialize with other observers and anyone who does so will be counted absent.

**CHRONIC ILLNESS, INJURY, FAMILY EMERGENCIES, ETC.:**

Students may not be able to complete this course as described in the syllabus due to a physical or personal situation which may arise during the semester. If you find yourself in such a situation it is **required** that you complete an alternate program **immediately** after your situation is assessed. The alternate program is a written contract signed by both the instructor and the student. It is **dependent on a written substantiation** of the situation including any restrictions that may still exist.

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