

PE 150 Play Oxford/CardioCore
9:30 – 10:20
Spring, 2013

Instructor: Dr. Penelope England

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Office Hours in Pool: MWF 9:05 – 9:30; 10:20 – 10:45;

Office Hours in Office: MW 3 – 4. TTH 11:30 – 12:30 **and by appointment**

Roll is taken at 9:35. Class is dismissed at 10:20.

Physical activities for this class include vigorous movement. Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.

Student work submitted as part of this course may be reviewed by Oxford College and Emory College faculty and staff for the purposes of improving instruction and enhancing Emory education.

Learning Outcomes:

Each student will--

Use personal inquiry (INQ) to apply basic principles of fitness training and healthful living:

1. to improve cardiovascular and respiratory fitness
2. to improve nutritional habits
3. to improve flexibility
4. to improve stress coping skills

Course Activities:

Cross-training through Play Oxford activities throughout the semester; water exercise one-half semester with class discussion.

Text: There is no text for this class. Xeroxed materials will be provided.

Evaluation:**Water Cardio/Core -- Fifty Percent of Final Grade = 1000 pts.**

Fitness Goal–Setting Written Assignment # 1: 100 pts. (10%)

Nutritional Goal-Setting Written Assignment # 2: 100 pts. (10%)

Personal Evaluation Written Assignment #3: 300 pts. (30%)

Pop quizzes: 100 pts. (10%)

Participation: 400 pts. (40%)

Extra credit quizzes: points added to final grade

Play Oxford -- Fifty Percent of Final Grade:

Using the grade scale below, you will earn letter grades based on the amount of physical activity they complete. You can earn no more than 2.5 hours per day and no more than 5 hours per week. The program is set up, to encourage you to explore and participate in a wide variety of physical activities.

A 33-36 hours completed = 91.6 - 100

B 29-32 hours completed = 80.5 – 88.8

C 25-28 hours completed = 69.4 – 77.7

D 22-24 hours completed = 61.1 – 66.6

F 21 hours or less completed = 58.3

- **Play Oxford workouts credit hours begin Jan. 23.**
- **The last day to earn Play Oxford credit is April 29.**
- **To be “on track” for an A in the Play Oxford portion of this class, you should have earned no less than 17 Play Oxford hours prior to Mar. 6.**

Final Grading Scale:

100-90% A

89-80% B

79-70% C

69-60% D

<60% F

Three Written Assignments -- Use information from your fitness evaluations, lecture information, and reading assignments.

Your written assignments should manifest evidence that you have consulted class handouts as you consider the goals you choose for yourself. These written assignments are about YOU, your daily choices and practices of living.

All written assignments are due before roll is taken on each due date.

Written assignments should have no spelling or grammar errors, and should demonstrate quality, college-level writing and critical thinking. You may ask for help in the Writing Center or from someone you trust. This person(s) can mark your spelling/grammar errors; can let you know if your writing is not clear, but cannot re-write or correct your errors. Please let me know if you have questions about this.

These assignments must be type-written and double-spaced, with a total word count and your name typed at the top left corner of the first page and your last name typed at the top right of every following page. This signifies your adherence to the Oxford College Honor Code.

#1 Due – Monday, Jan. 28: Outline a prescription for your healthful living goals (no less than 2; no more than 4), using the SMART goals handout.

#2 Wednesday, Jan. 30: Write an assessment of your current eating habits; outline a plan for improving your eating habits, using the SMART goals handout.

#3 Friday, April 26: Evaluate your goal results – your successes, your set-backs, your thoughts along the “journey”. Be thorough!

Written assignment #3 should address each goal you chose at the beginning of the semester in the following ways:

1. Describe the personal self-analysis that motivated the goal (excluding the fitness assessments).
2. How, and how often, did you measure the progress of the goal throughout the semester?
3. List no less than two specific practices you used to achieve the goal, and: state whether each practice was realistic; if not realistic, what practice might you have tried instead?
4. List no less than two setbacks that you faced for achieving each goal: a) how you could have avoided the setback, b) what you learned about yourself from each setback.
5. Describe how the Play Oxford portion of this class influenced the achievement of each goal.
6. What grade do you deserve for your attempt to achieve each goal? Why do you deserve this grade?
7. Describe at least three things you learned about yourself as you tried to achieve each goal you set.

To earn full credit for Assignment III, turn in 1) copies of your graded original Assignments I & II, 2) a typed copy of the pre- and post- fitness assessments (step test, sit-and-reach test, crunch test, lying resting heart rate, lying resting blood pressure, body fat percentage, lean body mass, total body water, waist circumference, and BMI)

The Assignment # 3 grade (**40% of your final grade**) will be heavily dependent on evidence in your paper that you have read

and have applied principles from class handouts and Play Oxford material; that you have thoughtfully evaluated the results of your pre- and post-tests; that you have thoughtfully evaluated your personal practice toward the goals you set at the beginning of the semester.

Pop Quizzes – Occasionally during the water cardio/core half semester I will give unannounced written “pop quizzes” over information I have talked about either in the classroom or in the water. The quizzes may also cover material I have distributed in class handouts. When you miss a quiz because you are absent, you may make it up **IF** you have made that arrangement with me prior to your absence or if your absence is a documented emergency that prevents you from communicating with me via email or voice mail.

Extra Credit Quizzes – During any class may offer extra credit quizzes. Each will be ten questions about what has been covered in class. For each correct answer on these tests, 0.1 point will be added to your final grade average. If you earn no extra credit points, your final grade is not affected.

Class Participation and Contribution -- In order to pass this course you must actively participate and contribute during each class meeting. I expect you to encourage and help each other. Your participation grade is lowered by three points every time you are not present for class. Your participation grade is also dependent on the quality of your participation during class.

Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and **in advance** of the holiday.

[Divisional Attendance Policy](#)

[Class Attendance Policy:](#)

[A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.](#)

B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three two absences are allowed without penalty, upon instructor's consent. There are **no excused absences** in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

C. After the two allowed absences, each following absence will result in a 5% reduction of your final grade, e.g.,
3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of F.

D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Come to class! Even if you do not feel well enough to participate you can contribute so that your grade will not be penalized. You will take notes and make suggestions that would be helpful to your classmates.

There will be NO MAKE UPS for written work or fitness assessment tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

It is expected that you arrive for class on time. Every third time you are late (not in class when I begin calling roll) you will be penalized an absence). You are expected to be on the pool deck in swimming attire ready to participate at the start of class time. If you are late, you must remind me when we are both out of the water at the end of class to change your absence symbol to a late symbol. If you do not do so, **you will be considered absent even if you were in class.**

Dress Code: Bathing suits. Shorts and cut offs are not permitted. You may wear additional clothing over your bathing suit if you wish. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in an absence.

Important Dates:

Wed Jan 16	Welcome! Course intro/ syllabus review
Fri Jan 18	Play Oxford Fundamentals
Mon Jan 21	King National Holiday
Wed Jan 23	Play Oxford Begins - Written Assignments Discussion
Fri Jan 25	Fitness assessment
Mon Jan 28	Written Assignment #1 – Fitness Goals Due
Wed Jan 30	Written Assignment #2 – Nutritional Assessment Due
Fri Mar 8	Play Oxford Switch
Mar 11 - 15	Spring break – No class
Wed Apr 24	Fitness Assessment/Retest/Eval
Fri Apr 26	Written Assignment #3
	Personal Fitness Eval
Mon Apr 29	Play Oxford ends

Additional Important Information:

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the

student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center.

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404.727-6016).

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know. Otherwise, if I become aware of the phone, you will be asked to leave class and will receive an absence.*

Email: I will read and answer e-mail only between 10 a.m. and 4 p.m. each class day. If you need to communicate with me at other times, leave a voice message on my office phone.

Grade Appeal Process: If you wish to appeal your final grade, submit to me in writing (via email attachment) a list of reasons I should re-examine your grade; include an attached copy of the course syllabus. Include in your email a list of times you would be available to meet with me. I will not respond to informal e-mail. Once we have met to talk about your appeal, if you wish to appeal further, submit your appeal, in writing (with course syllabus) to Dr. Guibao Yang, CHL Course Coordinator. If you wish to appeal further, submit your appeal, in writing (with course syllabus) to Dr. Meggan Arp, Associate Dean of Academic Affairs. If you wish to appeal further, submit your appeal, in writing (with course syllabus) to Dr. Kenneth Anderson, Dean of Academic Affairs.

HONOR CODE: Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor

has condoned the giving or receiving of unauthorized information by others.” I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College’s HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

Please see <http://www.college.emory.edu/students/honor.html>

*“Whether you believe you can, or you can’t,
You’re right!”* Henry Ford