

Oxford College
PE 150: Play Oxford / Cardio Tennis
T/ Th 1:40 – 3:20pm
Spring 2013

Instructor: Brandon Feldman

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Hours: By Appointment Only

Phone: 770-784-8355

Course Description: Group activity course featuring drills to give tennis players of all abilities an ultimate, high energy workout. Daily activities include a warm-up, cardio workout and cool down phases.

Course Objectives:

- Understand basic principles for effective training
- To develop, improve and/or maintain cardiovascular and muscular endurance
- To enhance practical and cognitive knowledge of tennis training
- To establish an individual and enjoyable physical activity program that may be maintained throughout life

Week Of:

Activity:

Jan 15/17	Introduction to Play Oxford
Jan 22/24	Tennis evaluation/Pre-testing
Jan 29/31	Begin Split class
Feb 5/7	Play Oxford/Cardio Tennis
Feb 12/14	Play Oxford/Cardio Tennis
Feb 19/21	Play Oxford/Cardio Tennis
Feb 26/28	Play Oxford/Cardio Tennis
March 5/7	Play Oxford/Cardio Tennis
March 12/14	Spring Break NO CLASS
March 19/21	Switch groups – Cardio Tennis/Play Oxford
March 26/28	Cardio Tennis/Play Oxford
Apr 2/4	Cardio Tennis/Play Oxford
Apr 9/11	Cardio Tennis/Play Oxford
Apr 16/18	Cardio Tennis/Play Oxford
Apr 23/25	Post testing/Final Exam

*Schedule is subject to change

Attendance: You are expected to attend all of the class at the scheduled times. **There are no UNEXCUSED absences in this class.** If you have to miss a class, it has to be **serious illness or emergency** and you have to communicate with me before/after in order to make up your missed work. **The maximum two (2) absences (one-week class) may be allowed with my consensus.**

After allowed 2 absences, each subsequent absence will result in a 5% deduction from your final grade per department policy.

Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.

Students are expected to come to the class on time. If you arrive after roll-call, you are late. Tardiness will affect your participation grade.

5 Components Papers: During the Cardio Tennis portion of the semester, you will cover the 5 components of physical fitness including: cardiovascular fitness, muscular strength and endurance, flexibility, nutrition and body composition. A 2-page paper on each topic will be assigned for your learning. These papers will be announced via email on the Monday of each week and due on the subsequent Sunday by Midnight. Each paper is worth 10 points.

Participation: Student participation is a key for success in this class. Four (4) points will be given each day for participation as follows:

- 4 = excellent participation of class activities
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

Written Assignments: You will have one (1) written assignment during the cardio tennis portion of the class. You will be required to design a 30 – 45 minute Cardio Tennis program for a group based on your experiences and research. It should consist of activities that are enjoyable to you and is realistic in goals and expectations. A handout will be given at a later date outlining the specifics of the assignment. This assignment is due the last day of your time in the Cardio Tennis section of the class. No late assignments will be accepted. The assignment is worth 25 points.

Weekly progress: During the Play Oxford portion of the class, students will email the instructor to inform them of the hours that they have completed and detail any problems, or successes, that they have encountered. This is not a graded part of the class but will aid in any assistance that the instructor can give to the student should any scheduling problems arise. Face-to-face meetings can, and should be scheduled to help in properly scheduling time for Play Oxford hours.

Tennis Instruction: Although Cardio Tennis does not require much tennis knowledge, a basic familiarization with technique will be helpful in performance and enjoyment. A 30-minute review session, once a week, will be offered for the first half of the semester for those who wish to participate.

Evaluation: Play Oxford: 50% of Total Grade

Hours:

33 – 36	A
29 – 32	B
25 – 28	C
22 – 24	D
21 or less	F

Cardio Tennis: 50% of Total Grade

5 Components Papers: 5 Papers x 10points = 50 points

Participation = 13 days x 4 points = 52 points

Pre/Post Testing = 2 test x 30 points = 60 points

Written Assignments = 1 x 25 points = 25 points

Total Points = 187 points total

The grading scale for this class is as follows:

100-93% A	79-77% C+
92-90% A-	76-73% C
89-87% B+	72-70% C-
86-83% B	69-60% D
82-80% B-	< 60% F

Attire: All students must come to class dressed appropriately for participation in tennis class. Tennis shoes/sneakers, with socks. Shorts, slacks or athletic pants. T-shirt or shirt with a collar. No dress shoes, sandals, cut off shorts, blue jeans, old/dingy t-shirts or t-shirts with offensive printing.

Honor Code: Article 2.A “A student’s signature on a paper or test submitted for credit shall indicate he/she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform the instructor 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)

Reasonable Accommodations for Students with Disabilities: If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, 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 located in Language Hall (770-784-4722).

Grade Appeal Process: If you wish to contest the final grade you receive in this class you are to put your request to me in writing within five (5) days of the final grades being posted. 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 five (5) day deadline.

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