

## **PE 100 Health Conditioning**

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**Office hour:** MWF—9:30-10:30 am;

**Office:** Gym 103 H  
**On campus phone:** 4-8371  
**Location:** Mezzanine  
**TTh---**12:00-1:00pm

### **Course Description:**

The course offers and provides information necessary to let students gain knowledge and understand the basic exercise science concepts, fitness components, and techniques for developing and maintaining a sound fitness program. It includes a variety of activities such as lectures, discussions, workshops, and exercises etc.

### **The Goals of the Course**

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. Demonstrate how to improve personal fitness.
4. Explore a variety of exercise programs.
5. Learn and identify the importance of nutrition in relation to fitness.
6. Design and develop an individualized physical fitness program.
7. Improve and maintain personal fitness.

### **Course Content (topics)**

- A. Lectures (40 min): Class orientation and general introduction; getting fit; creating a healthy lifestyle; starting your own fitness program; cardio-respiratory fitness, muscular strength and endurance; flexibility; body composition; nutrition; becoming a wise consumer; practicing safe fitness.
- B. Class Activity (35 min): Jogging will be the main activity. In addition, It will include other activities such as walking, interval training, Fartlek training, circuit training, and muscular strength and endurance training, etc.

### **Instructional Activities and Methodology**

A developmental and systematic approach will be employed to the content of this course. Students will be provided with learning opportunities in the form of discussion, visual aids, literature reviews, individual projects and a variety of exercise session and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

## Exams and Grading

### A. Written Exams:

1. Chapter 1-2:	10%
2. Chapter 4-5:	10%
3. Chapter 6-8:	10%
4. Final exam:	20%

### B. Personal fitness program design: 10%

You will design a five-week personal fitness program according to Chapter 3 and lectures. It should focus on one main activity and add more depending on your own time and ability. It needs to be 2-3 pages long and typed. The deadline for the paper is **Thursday, 11/15/01**.

### C. 1.5 Mile Run: 20%

### D. Fitness Improvement: 10%

Improvement =10%, No Change=7.5%, Decrease=5%

### E. Non-class workouts: 10%

You are asked to exercise and workout by yourself at you own pace. Each exercise session should be no less than 30 minutes and no less than 2 times each week. The grade is according to how many weeks you do your exercise: 4 weeks=10%, 3 weeks=7.5%, 2 weeks=5%, 1 week=2.5%.

## Attendance Policy

Students are expected to attend class regularly and punctually. Classes will begin promptly at scheduled times, thus tardy and absences will be counted and considered in your final evaluation.

- A. Maximum three (3) absences will be allowed without penalty for the semester.
- B. Three (3) points will be deducted from the final grade on each of the absence thereafter.
- C. Three (3) tardy (5 min or more) will equal to one class absence.

## Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely

consequences of disciplinary probation, suspension, and/or dismissal from the college.

### **General Requirements and Information**

- A. No food, drinks, or gum chewing is allowed.
- B. **Attire:** Gym clothing is required in the class.
- C. Try not to wear jewelry during classes and glasses worn should be secured.
- D. **Attention:** Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

### **Text Book**

Getting Fit Stay Fit. Second Edition, William E. Prentice. Mosby

#### **THE DIVISION OF PHYSICAL EDUCATION AND DANCE**

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity that is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills
6. Awareness that there is an intrinsic relationship between body, mind and spirit and those inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions that espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

PE 100 Health Conditioning TTh Class Calendar, Fall 2001				
Week	Day	Date	Activities	Assignment
1.	Th	8/30	Introductions	
2.	Tu Th	9/4 9/6	Introduction, pre-test Lecture, jogging	Chapter 1 & 2
3.	Tu Th	9/11 9/13	Lecture, jogging Lecture, jogging	Chapter 4 & 5
4.	Tu Th	9/18 9/20	Exam 1, Chapter 1-2, jogging Go over Exam 1 and lecture, jogging	
5.	Tu Th	9/25 9/27	Lecture, jogging and interval training Lecture, jogging & circuit training	
6.	Tu Th	10/2 10/4	Lecture, weight training No class, teacher goes to conference	
7.	Tu Th	10/9 10/11	Lecture, weight training Lecture, jogging and other	Chapter 6 - 8
8.	Tu Th	10/16 10/18	Mid-semester break Exam 2, Chapter 4 & 5	
9.	Tu Th	10/23 10/25	Go over Exam 2, jogging lecture, jogging	
10.	Tu Th	10/30 11/1	Lecture, jogging Lecture, jogging	
11.	Tu Th	11/6 11/8	Lecture, jogging Lecture, jogging & other	
12.	Tu Th	11/13 11/15	Lecture, jogging Exam 3, Chapter 6-8, jogging	Chapter 9-10 Due date for paper
13.	Tu Th	11/20 11/22	Go over Exam 3, jogging Lecture, jogging	
14.	Tu Th	11/27 11/29	Lecture, jogging Lecture, 1.5 mile run, Flexibility posttest	
15.	Tu Th	12/4 12/6	1.5 Mile Run Test Final Exam review	
16.	Tu	12/11	Final Exam	