

OXFORD COLLEGE
PE 100 – Health and Conditioning

Division: Physical Education and Dance
Course Number: PE 100
Section: 11A
Course Title: Health/Conditioning

Instructor: Dr. Jasmin Hutchinson
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Office Hours: M, T, W, Th. 1:30-2:30

Catalog Description: A basic health course, which includes a regular, individualized jogging program to increase cardiovascular fitness. Health concepts include nutrition, stress management, preventive medicine, etc., which emphasize personal responsibility for the individual's well being.

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. 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.

Text: There is no required text for this course. The following text is available on reserve in the library: *Fit & Well. Core Concepts and Labs in Physical Fitness:* Thomas Fahey, Paul M. Insel & Walter T. Roth. Mayfield Publishers. 6th ed. Handouts will be provided in class.

Course Topics: Please refer to the course calendar.

NOTE: Class notes and important updates will be posted on your Blackboard site for this class. **You are responsible for all information posted to the BB site.**

Activities: You will be involved in class discussion and participation, in-class assignments, take home projects, laboratory work and PHYSICAL ACTIVITY (i.e. jogging, walking, stretching, lifting weights, circuit routines, etc.).

Evaluation: The final grade will be based on:

Midterm exam	40 pts (20%).
Final exam	40 pts (20%).
Homework	30 pts (15%).
Article	20 pts (10%).
Fitness Improvement	20 pts (10%).
Participation	50 points (25%).
TOTAL = 200 points	

Grading Scale:	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

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Assignments

Exams – Midterm and final. Format will be multiple choice and short answer questions.

Homework– Written assignments

Article – Review of ACSM position statement “The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults”

**Article will be posted on the class conference and will be available on e-reserve

Fitness Improvement – Based upon pre-post tests of flexibility, muscle endurance, and cardiovascular fitness:

Positive change= 20 pts.

No change= 10 pts.

Negative change= 0 pts

***All assignments must be typed and handed in on the due date. All tests must be taken on the day that the test is scheduled. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP. If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with Dr. Hutchinson **before** the day that will be missed.

Class Attendance: Each student is required to come to class. **Each student will be allocated three unexcused absences. Each additional absence will result in -5 PTS. to the final point total. If the student has accumulated a total of 8 absences or more the final grade will result in an “F”.** Even if you do not feel well enough to participate come to class!! There are other ways you can contribute so that your grade will not be penalized. If you believe you have justification for an absence to be excused you **MUST** discuss this Dr. Hutchinson in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions. ****If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services.**

Lateness: Lateness will NOT be tolerated. Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.

**Important
Information:**

Reasonable accommodation for students with writing deficiencies:

Students are expected to have developed certain competencies necessary for success in college. If you have not developed the competencies needed to function at this level, you will be required to do so, in order to pass this course. For this reason, referrals to the writing center are required.

Students with identified or suspected disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722). No special arrangements will be made for any student unless the instructor is contacted directly via official request from this office.

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.**

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Reminder: Class activities may include vigorous activities. 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 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).

Dress code: On activity days you must come to class dressed appropriately for physical activity, i.e. sweatpants/shorts, a t-shirt, and running shoes. No jeans or street shoes. You will not be allowed to participate if you are dressed inappropriately. As a college student, you are responsible for presenting yourself in a professional manner. Cell phones must be switched OFF during class.

Honor code: 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. Please see www.college.emory.edu/students/honor.html

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 5 days of 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 5 day deadline.

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AUGUST	
W 29	Syllabus/course introduction and Lecture 1
F 31	Fitness testing
SEPTEMBER	
M 3	<i>Labor day – NO CLASS ☺</i>
W 5	Activity
F 7	<i>Solo workout</i>
M 10	Activity
W 12	Lecture 2
F 14	Activity
M 17	Activity
W 19	Lecture 3 – Article assignment due
F 21	Activity
M 24	Activity
W 26	Lecture 4
F 28	Activity
OCTOBER	
M 1	Activity
W 3	Midterm review
F 5	<i>Solo workout</i>
M 8	Fall Break – No Class ☺
W 10	Activity
F 12	Activity
M 15	Activity
W 17	Midterm Exam
F 19	Activity
M 22	Activity
W 24	<i>Solo workout</i>
F 26	Activity
M 29	Activity
W 31	Lecture 5
NOVEMBER	
F 2	Activity
M 5	Activity
W 7	Lecture 6 & 7
F 9	Activity
M 12	Activity
W 14	Lecture 8
F 16	Activity
M 19	Activity
W 21	<i>Thanksgiving – No Class ☺</i>
F 23	<i>Thanksgiving – No Class ☺</i>
M 26	Activity
W 28	Lecture 9
F 30	Activity
DECEMBER	
M 3	Activity
W 5	Review for Final Exam
F 7	Fitness testing
M 10	FINAL EXAM

Note: All dates and activities are subject to change. Instructor will give proper notice of such change(s).