

# **PE 100 Health Conditioning**

## **Tuesday/Thursday 1PM.**

**Instructor:** Edgar Flores                      **Office:** Williams Hall, office 103E  
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**Office hour:** By Appointment only

### **Course Description:**

The course is designed to teach students basic exercise concepts, fitness components, and techniques for developing and maintaining a sound fitness program.

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

As a result of this course, the student should be able to:

1. Identify the components of physical fitness and how they relate to lifelong health.
2. Assess and evaluate present and past physical fitness status.
3. Demonstrate how to improve personal fitness.
4. Explore and experience 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 personal fitness.

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

- A. Classroom and Group Activities: 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. Speakers will present in different topics and students will have a chance to attend a couple of outings.
- B. Exercise Activity (50 min): Conditioning via running will be the main activity. In addition, students will experience other activities such as walking, interval training, fitness classes, Fartlek training, cross training with individual sports and/or cardiovascular endurance team sports, circuit training, and muscular strength and endurance training, etc.

### **Instructional Activities and Methodology**

A developmental and systematic approach will be used to teach 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 sessions and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

## **Exams and Grading**

### **A. Written Exams:**

1. Exam #1:100 points
2. Exam #2:100 points
3. Exam #3:100 points
4. Final exam:200 points

### **B. Personal fitness program design:100 points**

You will design a five-week personal fitness program. It should demonstrate the understanding of class concepts and the ability to incorporate a variety of exercises. It needs to be 2-3 pages long and typed. The deadline for the paper is: **Tuesday, April 20<sup>th</sup>**.

### **C. 2 Mile Run:100 points**

### **D. Fitness Improvement100 points \*\***

\*\*Improvement =100 points No Change= 50 points Decrease= 0 points  
Students can appeal their post fitness test only once.

### **E. Class Participation/Outings: 150 points**

### **F. Intramurals/Sports Clubs/Athletics:50 points**

You are asked to participate in one of these activities at least twice a week for 8 weeks. Official attendance/participation needs to be demonstrated to professor. Examples, Letter from coach, Intramural Coordinator, and Sports Clubs Director are acceptable.

## **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 (2) absences will be allowed without penalty for the semester.
- B. 30 points (3) points will be deducted from the final grade on each of the absence thereafter.
- C. Three (3) tardies 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:** Athletic clothing is required in the class. A student not wearing proper Athletic clothing (sweatpants, sweatshirt, shorts, sports-shirts, tennis shoes, running shoes) will be marked as absent.
- 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.

## THE DIVISION OF PHYSICAL EDUCATION AND DANCE

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions, which espouse the study of the liberal arts, make physical education an integral part of the curriculum. The study of 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.An awareness that there is an intrinsic relationship between body, mind and spirit and those inadequacies in one of these affects the other two.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.

<b>PE 100-HEALTH CONDITIONING</b> <b>Tuesday and Thursday @ 1PM.</b> <b>COACH FLORES</b>	
<b>DATES</b>	<b>INSTRUCTION AND ASSIGNMENTS</b>
<b>January</b>	
Thursday 15	Syllabus dissemination
Tuesday 20	Introduction, Pre Test,
Thursday 22	Lecture "Getting Fit, Why should you care?" & Short Conditioning
Tuesday 27	Conditioning Session
<b>February</b>	
Thursday 29	Presentation/Lecture "Creating a healthy lifestyle" & Short Conditioning
Tuesday 3	Conditioning Session
Thursday 5	Lecture "Starting your own fitness program" and Short Conditioning
Tuesday 10	Conditioning Session
Thursday 12	<b>Exam #1</b> , & Short Conditioning
Tuesday 17	Conditioning Session
Thursday 19	Lecture "Developing Cardio Respiratory fitness" & Short Conditioning
Tuesday 24	Conditioning Session
Thursday 26	Lecture "Improving muscular strength endurance and power & Short Conditioning
<b>March</b>	
Tuesday 2	<b>Exam #2</b> , and Short Conditioning
Thursday 4	Conditioning Session
Tuesday 16	Lecture "Increasing flexibility through stretching"
Thursday 18	Conditioning Session
Tuesday 23	Presentation/Lecture " Eating right & Being Healthier through exercise" & Short Conditioning
Thursday 25	<b>Exam #3</b> and Short Conditioning
Tuesday 30	Conditioning Session
<b>April</b>	
Thursday 1	Meet at YMCA???
Tuesday 6	Lecture " Becoming a wise consumer
Thursday 8	Playing Tennis Coach Feldman
Tuesday 13	Playing Bball Coach Von Vogt
Thursday 15	Special Interest Presentation
Tuesday 20	Karate with Guibao
Thursday 22	Conditioning Session
Tuesday 27	<b>Final Exam</b>