

PE 102 Health / Wellness
(Fall 2004, MW 2:00 to 3:15)

Instructor: Dr. Yang, Guibao
Phone: 770-784-8371,
E-mail: gyang2@learnlink.emory.edu
Office hour: MWF: 10:30 to 11:30am
Also by appointment.

Office: Gym 103 H
Fax: 770-784-4677
Location: Mezzanine
TTh: 1:00 to 2:00pm

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 less rigorous exercise programs etc.

The Goals of the Course

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

1. Identify and define the basic components of healthy lifestyles and physical fitness.
2. Assess and evaluate ones current fitness level.
3. Demonstrate how to improve and maintain 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 walking or jogging program vigorous enough to achieve a target heart rate of 70% of maximum.

Course Content (topics)

- A. Lectures: 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: Walking and slow jogging will be the main activity. In addition, It will include other activities such as circuit training, muscular strength, muscular endurance, and other sport activities.

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: (40%)

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| 1. Chapter 1-2: | 10% |
| 2. Chapter 4-5: | 10% |
| 3. Chapter 6-8: | 10% |
| (The lowest exam grade will be dropped) | |
| 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 **Wednesday, 11/17/04**.

C. Fitness Improvement: (10%)

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

D. Non-class workouts: (10%)

You are asked to exercise and workout by yourself at your 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%.

E. Participation (30 %)

About one third of your final grade will be based on participation. Students will gain 30 points toward final grade if they are actively participating classes and do not miss more than three (3) classes.

Attendance Policy

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

- A. Maximum **two (2)** absences (one-week class) will be allowed without penalty for the semester. These are to be used for illness, emergencies, weddings, etc.
- B. After 2 absences, each consecutive absence will result deducted points from your participation grade. . **5 points will be deducted in Third absence, 7 points in Fourth absence. 10 points will be deducted from Fifth absence there after.**
- C. **Three (3) tardy** 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. **Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- 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., Third Edition, William E. Prentice. Mosby

PE 102 Health / Wellness MW Class Calendar, Fall 2004

| Week | Day | Date | Activities |
|------|--------|----------------|--|
| 1. | W | 8/25 | Introduction |
| 2. | M W | 8/30 9/1 | Introduction, pre-fitness test, & activities Lecture Chapter 1-2 Walking and activities |
| 3. | M W | 9/6 9/8 | Labor Day Lecture Chapter 1-2 Walking and activities |
| 4. | M W | 9/13 9/15 | Lecture Chapter 1-2 Walking and activities Exam 1, Chapter 1-2 and activities |
| 5. | M W | 9/20 9/22 | Go over Exam 1, lecture Chapter 4-5, and activities Lecture Chapter 4-5 and activities |
| 6. | M W | 9/27 9/29 | Lecture Chapter 4-5 and activities Lecture Chapter 4-5 and activities |
| 7. | M W | 10/4 10/6 | Exam 2, Chapter 4-5, and weight training Go over Exam 2, lecture Chapter 6-8, and activities |
| 8. | M W | 10/11 10/15 | Mid-semester break Lecture Chapter 3 and activities |
| 9. | M W | 10/20 10/22 | Lecture Chapter 3 and 6-8 and activities Lecture 6-8 and activities |
| 10. | M W | 10/25 10/27 | Lecture 6-8 and activities Lecture 6-8 and activities |
| 11. | M W | 11/1 11/3 | Lecture 6-8 and activities Exam 3, Chapter 6-8 and Lecture |
| 12. | M W | 11/8 11/10 | Go over Exam 3, lecture Chapter 9-10 and activities Lecture Chapter 9-10 and activities |
| 13. | M W | 11/15 11/17 | Lecture Chapter 9-10 and activities Lecture Chapter 9-10 and activity (Due date for paper) |
| 14. | M W | 11/22 11/24 | Lecture reviewing final exam and activities Thanksgiving recess |
| 15. | M W | 11/29 12/1 | Final exam reviewing and Post-Fitness Test reviewing Post- Fitness Test |
| 16. | M | 12/6 | Final Exam |