

CLASS ATTENDANCE:
Divisional Attendance Policy

Class Attendance Policy:

A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of two (TTH) absences are allowed without penalty. **There are no excused absences in this class.** If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. During unusual circumstances that lead to absences it is the discretion of the instructor to waive the absence or NOT. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

C. After the allowed absences (2), each following absence will result in a 5% reduction of your final grade. Your total absences are the total absences for both classes combined. For example: If you miss 2 classes in the Weight Training portion of the class, you will have no absences left for the Jogging portion of the class. Additionally, refer to the following example:
TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction;
6 absences = 20% reduction; 7 absences = 25% reduction;
8 absences = automatic final grade of F.

D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

HONOR CODE: Students are expected to adhere to the honor code with reference to all matters relating to the evaluative process of this course. Any violation of Oxford College's HONOR CODE will not be tolerated.

**Classroom
ETIQUETTE:**

NO devices that allow communication via phone, pager, text message, e-mail, etc. are permitted in class. Reoccurring problems will result in disciplinary action as stated in the Oxford College student Handbook. If such communication is needed during class please notify Coach Moss-Brown prior to class. If you have questions or do not understand please see me for clarification.
At Coach Moss-Brown's discretion any behavior that disrupts class or is offensive will not be tolerated and will lead to disciplinary action as stated in the Oxford College student Handbook.

Dress code: All students must come to class dressed appropriately for class. (i.e., running shoes/sneakers with socks, shorts or athletic pants, a nice T-shirt). **No dress shoes, sandals, cut off shorts, blue jeans, old ripped-up T-shirts or T-shirts with negative propaganda.**

**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.**

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).

OXFORD COLLEGE OF EMORY UNIVERSITY
CHL
Course Syllabus
Tu & Th 10:00-11:15
PE _OX 150-11J
Jogging

Instructor: Coach Gregory Moss-Brown
Office Location: Williams Gymnasium
Office Hours: MW 10-12, Alt times by appt.
Telephone: 770-784-4672
Email: mossbrown@emory.edu

COURSE DESCRIPTION: This Play Oxford course is designed to provide students with an understanding of running/jogging as a way to develop and maintain cardiovascular and aerobic fitness as well as developing a healthy and sustainable physical active lifestyle.

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. Improve and maintain personal fitness.
4. Learn and identify the importance of nutrition and psychology in relation to running.
5. Understand the kinesiology of running

Value Awareness: Throughout the course the students are challenged to question the bases for running and physical fitness as having an impact on individual, the family, the community and society in general. The student is encouraged to examine others values and their own in the application of jogging as a multicultural lifetime fitness activity.

Instructional Activities and Methodology:

Developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunity to improve their cognitive knowledge, motor skills, and personal health and wellness from classroom lectures, discussions, visual aids, and a variety of running assignments

Evaluation:

Written Exams (20%)

Assignments (20%)

Participation/Improvement/Attitude/Attendance/Dress (50 %)
all in class runs and assessments

This includes the completion of

Final Exam (10%)

Grading Summary:

A=92.0–100

A-= 90.0-91.9

B+=88.0–89.9

B=82.0-87.9

B-=80.0–81.9

C+=78.0–79.9

C=72.0-77.9

C-=70.0-71.9

D+=68.0-69.9

D=60.0–67.9

F=0 – 59.9

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. 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.

Performance goals and student expectations:

Assignments: Each student will demonstrate knowledge of the subject through written and/or oral examinations and skills test. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are penalized at 10% per class not turned in. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and English. Assignments are always due IN CLASS and will be collected at the beginning. Electronic submission will be accepted with the approval of the instructor! Electronic submissions will be due prior to the commencement of class.

If you are going to be absent on assignment due dates or test days, it is the student's responsibility to turn it in electronically.

In case of death (in the family), severe illness, and school functions, the instructor must be notified before missing class. Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions.

Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions