THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 106 Aerobic Movement Syllabus
Spring 2005

Instructor: Ms. Gayle Doherty **Office: Gym 103 H**
Class Time: M-W-F 12:50 – 1:40 (by the Seney clock) **Phone: 4-8352**

Office Hours
Monday/Wednesday – 2:00 – 3:00
Tuesday/Thursday - 12:00 – 1:00
Friday – 10:30 – 11:30

COURSE DESCRIPTION: This course is a survey of health and fitness topics with a focus on cardiovascular training. Related topics will include flexibility, strength training, injury, stress management, nutrition and body composition.

TEXT: Fitness & Wellness – fifth edition – Werner W. K. Hoeger and Sharon A. Hoeger
The course syllabus, calendar and all other handouts for this course are posted on the class conference on LearnLink. Go to Oxford College → Class Conferences → Oxford: PE 106

DRESS: Athletic shoes are required. Aerobic shoes or cross trainers are recommended. Clothing should be nonrestrictive and appropriate for the classroom. Failure to conform to the dress code will result in a penalty absence.

COURSE REQUIREMENTS AND GRADING SYSTEM:

A = 90 - 100 B = 80 - 89.9 C = 70 - 79.9 D = 60 - 69.9 F = Below 59.9

7%	Questions	Students will submit a set of test questions with answers for each set of readings throughout the semester
8%	Practical	A physical test of body alignment and exercise technique
10%	Journal	A weekly reflection on each student's lifestyle choices
10%	Test # 1	A written test on chapter 3 & Class Handouts
10%	Test #2	A written test on chapters 1 & 2
10%	Test #3	A written test on chapters 5 & 6
10%	Test #4	A written test on chapters 7 & 8
5%	Participation	Instructor's analysis of students' class participation
30%	Attendance	Student's attendance record throughout the semester See attached attendance policy

The Oxford College Honor Code applies and is respected in this class. All work must be submitted truthfully and must be each student's own work

COURSE OBJECTIVES:

Students will:

1) Practice cardiovascular training by participating in aerobic workouts in class.
2) Demonstrate selected techniques for the safe and effective practice of aerobic dance
3) Analyze their lifestyles by keeping a weekly journal.
4) Help lead class discussions by creating a set of test questions with answers for each set of readings.

Students will be able to:

Trace:

- the path of oxygen from the time it enters the body until it reaches the muscles
- the path of carbon dioxide from the time it is created in the muscles until it exits the body

Calculate:

- a target heart range based on his or her age, resting heart rate and an appropriate intensity level

Students will be able to name and discuss:

- the stages of the transtheoretical model, behavior modification principles, and characteristics that make goals more effective and achievable.

Students will be able to explain:

- the difference between physical activity and exercise
- how skill related fitness contributes to health related fitness
- why no single fitness test can provide a complete measure of overall physical fitness
- what important information is missing in a body mass index
- why a hip to waist ratio is a valuable source of health information
- why it is not a good idea to stop aerobic exercise abruptly
- what action should be taken if muscles do not recover within 2-3 days after a strength training session
- the difference between essential and nonessential amino acids
- what is actually lost with most fad or extreme low calorie diets
- what is the best way to think about a diet
- which kinds of exercise are recommended for extremely heavy people
- why the body becomes better at using fat after following an aerobic training program over a period of time
- how the chronic use of any drug can lead to an increased tolerance of the drug

Students will be able to name:

- the dimensions of wellness
- the components of health related fitness
- ways an individual can benefit from a fitness and wellness program
- major points of focus in the US Health Objectives for the year 2010
- health benefits of a moderate aerobic training program
- benefits of a flexibility program
- why body composition and not weight should be the focus of our attention
- lifestyle habits that are associated with obesity in very thin people
- ways in which aerobic exercise improves the cardiorespiratory system
- the essential ingredient required to produce energy for aerobic activity
- characteristics of aerobic activity
- the different types of stretches and their benefits or drawbacks
- diseases that are associated with high levels of saturated fat and cholesterol in the diet
- the disease or condition that is increased with a diet high in salt
- the essential nutrients
- the energy nutrient that provides the major source of calories used for energy
- the category of carbohydrate that has little nutritive value
- the category of carbohydrate that is nutrient dense and provides fiber
- health disorders associated with a lack of fiber

- ways to increase fiber in one's diet
- the 2 major classifications of fiber
- the disease that can be reduced by the kind of fiber that speeds up the passage of food through the intestines
- the kind of fat that is solid at room temperature
- 2 kinds of plant oils that are saturated
- the kind of fat that tends to raise blood cholesterol
- the energy nutrient that is intended to build and repair tissue in the body
- the "building blocks" of protein
- the 2 classifications of vitamins
- the water soluble vitamins
- the fat soluble vitamins
- the most crucial nutrient involved in almost every body process
- the types of food in which water is most abundant
- the disease or condition that can be blocked, disrupted, reduced and even reversed by phytochemicals
- the richest sources of phytochemicals and antioxidants
- the lowest caloric level that is recommended for dieters so that they can still maintain proper nutrition
- molecules that attack and damage proteins and lipids particularly cell membranes and DNA
- compounds that protect the body by absorbing free radicals
- toxic effects associated with an overdose of one of the antioxidants
- health problems associated with anorexia nervosa
- health problems associated with bulimia
- health conditions that are associated with obesity
- traditional assumptions about weight control that are being reevaluated
- reasons why the loss of lean tissue is undesirable
- the kinds of exercise that can accelerate desirable weight loss – what does each do?
- tips for healthy eating for weight loss
- diseases that are related to chronic distress
- healthy ways to release anger
- ways to change a Type A personality
- symptoms of chronic stress (distress)
- ways to improve time management skills
- healthy ways to handle stress
- lifestyle habits that can increase longevity
- Coronary Heart Disease risk factors
- ways in which aerobic exercise helps to control most of the major risk factors for heart and blood vessel disease
- ways to control mild hypertension
- ways to raise HDL levels
- ways to lower LDL levels
- ways, besides medication, that a person can help control diabetes
- the substance that when combined with tobacco use, increases mouth, larynx, throat, esophagus and liver cancers.
- the warning signs of cancer:
- the kind of locus of control that supports a change in behavior - the kind that does not
- the 2 characteristics of Type A people associated with stress related diseases
- the role of religion or spirituality in a wellness lifestyle
- the single largest cause of preventable illness and premature death in the U.S..

Students will be able to recognize the definition of:

- a metabolic profile
- cardiorespiratory endurance

- flexibility
- hypertrophy
- atrophy
- muscular strength
- muscular endurance
- dynamic or isotonic exercise
- an isometric contraction
- a concentric contraction
- an eccentric contraction
- set point
- eustress
- distress
- systolic
- diastolic
- hypertension
- HDL
- LDL
- homocysteine
- type I diabetes
- type II diabetes
- syndrome X
- benign tumor
- malignant tumor
- cruciferous vegetables
- lycopene
- polyphenols
- nitrosomines
- basal cell carcinoma
- squamous cell carcinoma
- malignant melenoma

Students will be able to state:

- how cardiorespiratory endurance is measured or determined
- how much 1 pound of muscle tissue can raise an individual's resting metabolism
- the average weight gain per year for an American over 25
- the average loss of lean tissue for an American over 25
- the basic requirement for a program designed to increase aerobic capacity
- the basic requirement for a program designed to increase muscular strength
- the basic requirement for a program designed to increase muscular endurance
- the amount of time that muscles should be rested between strength training sessions
- the most effective time to do flexibility exercises
- the percentage range that temperature can increase or decrease flexibility
- how many calories are in a gram of protein, fat carbohydrate, and alcohol
- the amount of calories that would need to be decreased to lose 1 pound of fat
- how many ounces are in a standard cup
- the annual cost of stress in the US in terms of health care costs, lost productivity and absenteeism
- the percentage of cancers related to lifestyle (such as diet, sexual and reproductive activities, tobacco use, alcohol abuse) or exposure to environmental hazards.
- the average life expectancy for a smoker compared to a nonsmoker.
- the amount of time in a tanning bed that is as dangerous as a day in the sun
- how long before exposure to the sun should screen be applied
- what the sun protection factor (SPF) of sun screen should be

PE 106 ATTENDANCE POLICY

You are responsible for what is covered in every class. Three absences are permitted without penalty. In a case of a minor illness a sedentary assignment will be available for you to do in class. If this is necessary beyond one class you should make an appointment to discuss your situation with me.

LATE ARRIVALS: It is expected that students will arrive for class on time. Late absences will be recorded as such and if excessive may result in a reduction of points from a student's final grade.

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

EXTENUATING CIRCUMSTANCES: Regarding your attendance grade (30%), if you find yourself in an extenuating circumstance, it is your responsibility to make an appointment with me as soon as possible to discuss your situation. I will want to know how you have used each of the 3 absences (1 week of classes) you have been given. All absences should be for valid reasons. There are no excused absences beyond the 3 that are provided but make-up work may be offered at my discretion. The amount of time it takes for you to initiate this meeting will be a consideration in my decision. If you have a physical situation that requires an adapted syllabus it is essential that you provide specific information from a medical professional immediately explaining what activities are prohibited and what you are still physically able to do. Information can be faxed to me (Gayle Doherty) at 770 784-4677.

ATTENDANCE GRADE: 30% of your grade will be based on participation. Students who do not miss more than the 3 classes permitted will receive the full 30 points for participation. All other absences will result in a penalty, which will increase with each additional absence.

4 absences - 5 point penalty 30 – 5	= 25 out of 30 (can make an A)
5 absences - 15 point penalty 30 – 15	= 15 out of 30 (can make a B)
6 absences - 30 point penalty30 – 30	= 0 out of 30 (can make a C)
7 or more absences	student will make a D or F

PE 106 Calendar and Reading list

W 1/19	Introduction
F 1/21	Walk
M 1/24	Walk
W 1/26	Paperwork – Target Heart Range
F 1/28	Workout
M 1/31	Workout
W 2/2	Chapter 3 - **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
F 2/4	Workout
M 2/7	Workout **Journal entry due by midnight**
W 2/9	**NO CLASS!!!!**
F 2/11	**NO CLASS!!!!**
M 2/14	Workout **Journal entry due by midnight**
W 2/16	Practical Outline (handout) - Cardiorespiratory System (handout)
F 2/18	Workout
M 2/21	Workout **Journal entry due by midnight**
W 2/23	**TEST #1**
F 2/25	Workout
M 2/28	Workout **Journal entry due by midnight**
W 3/2	Chapter 1 **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
F 3/4	Workout
M 3/7	**PRACTICAL** **Journal entry due by midnight**
W 3/9	Chapter 2 **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
F 3/11	Workout
M 3/14	**SPRING BREAK – NO CLASS!!!!! – NO JOURNAL**
W 3/16	**SPRING BREAK – NO CLASS!!!!!**
F 3/18	**SPRING BREAK – NO CLASS!!!!!**
M 3/21	Workout **Journal entry due by midnight**
W 3/23	**TEST #2**
F 3/25	Workout
M 3/28	Workout **Journal entry due by midnight**

W 3/30 Chapter 5 **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
F 4/1 Workout
M 4/4 Workout
Journal entry due by midnight

W 4/6 Chapter 6 **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
F 4/8 Workout
M 4/11 Workout
Journal entry due by midnight

W 4/13 **TEST # 3**

F 4/15 Workout

M 4/18 **No Class!!!**
Journal entry due by midnight

W 4/20 Chapter 7 **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
F 4/22 Workout

M 4/25 Workout
Journal entry due by midnight

W 4/27 Chapter 8 - **(10 SETS OF QUESTIONS AND ANSWERS DUE)**
Course Evaluations
F 4/29 Workout

M 5/2 **TEST # 4**
Journal entry due by midnight