

PE 107 – Running and Conditioning
Course Syllabus
MWF 10:40-11:30am
Field/Classroom 105

Instructor: Gregory Moss-Brown **E-mail:** mossbrown@emory.edu
Office: Williams Gymnasium, Oxford College **Phone:** 770-784-4672
Office Hours: By Appointment (Usually you can find me 30 mins before class or after).

Catalog Description: This 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 Content: The mechanics of efficient jogging, presentation of fitness, muscle physiology, flexibility, body composition, nutrition, weight management, safety concerns, and information related to the prevention and care of common, jogging injuries. This course will also equip students with the skills necessary to take part in community road races (5K - 10K).

Pre-requisite: Students must be able to run 1.5 miles in 12 min or less on the first day of class (8 min/mile pace).

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. Design and develop an individualized physical fitness program.
4. Improve and maintain personal fitness.
5. Learn and identify the importance of nutrition and psychology in relation to running.
6. Understand the kinesiology of running

Course Text: No required text. *Students should expect to pay approximately \$25 in race fees.*

Activities: Lecture, discussion and participation, in- and out-of-class assignments, and PHYSICAL ACTIVITY (i.e. running with some cross training and alternative types of conditioning).

Course Outline: Calendar will be issued on the 1st day of class

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

☐ Class notes and important updates will be posted on your LL site for this class.

You are responsible for all information posted to the LL site.

Methods of Evaluation:

Test 1 = 20% Physical Fitness Evaluation = 10%

Test 2 = 20% Participation = 30%

Test 3 = 20% Road Race = (Optional Bonus =10%)

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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

Assignments

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

Participation in and write up of a lab based exercise test to measure

Personal physical fitness.

Road Races – You are required to participate in ONE of the posted road races (see calendar)

*****All assignments must be 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 MADEUP. If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me before the day that will be missed.**

Divisional Attendance Policy

MWF (3) 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 three (MWF) 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. **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 (3), each following absence will result in a 5% reduction of your final grade, e.g.,

MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 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.

Come to class!! Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized.

There will be NO MAKE UPS for written work or tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

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. You will not be allowed to participate if you are dressed inappropriately. Cell phones must be switched OFF during class.

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 (ODS)-(404-727-6016) with questions about such services. It is the students responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722).

Reminder: Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform me and provide documentation from your physician stating the following:

- 1) The medical condition
- 2) Limitations of the condition
- 3) Recommendations that would help you meet the requirements the course.

The Oxford College Student 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 <http://www.college.emory.edu/students/honor.html>

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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.

List of Out of Class Runs (**This is a small list of local races. You are welcome to compete in any road race you like! See www.active.com or www.rungeorgia.com)

09/11/10 -27th Annual Fuzz Run & Mile, **Covington**, 8:00 a.m.; 706-769-6593
09/17/10 - 3rd Annual Eagle Pride 5K/Mile, **Monroe**, 7:00 p.m.; 706-769-6593.
09/18/10 - 8th Annual Autumn 5K & Mile Fun Run, **Loganville**, 8:00 a.m.; 770-466-4250
09/25/10 - Athens Run for the Dogs, **Athens**, 8:00 a.m.; 770-435-2760.
09/25/10 - Easter Seals Walk with Me 5K, **Athens**, 11:00 a.m.; 404-943-1070 or [web site](#).
10/10/10 - Dirty Spokes 40K Trail Running Ekiden, **Conyers**, 8:30 a.m.; [web site](#).
10/23/10 - Monroe Lions Club Run for Sight 5K, **Monroe**, 4:00 p.m.; 770-266-2332.
11/13/10 - Free to Breathe Lung Cancer 5K & Mile, **Athens**, 8:15 a.m.; 608-316-3786
11/21/10 - 4th Annual Gobbler 5K Run & Mile, **Athens**, 2:30 p.m.; 706-425-1892
12/04/10 - 2nd Annual Willie's 5K Winter Wonder, **Monroe**, 2:00 p.m.; 770-266-2332
12/18/10 - Will Chamberlin Memorial Santa Stroll 5K, **Athens**, 9:00 a.m.; 770-714-2935.

AUGUST

W	25	Syllabus and course introduction (Pre-fitness test)
F	27	Running (1.5 mile fitness test)
M	30	Classroom

SEPTEMBER

W	1	Lecture 1/Fundamentals
F	3	Run
M	6	Labor day – No class
W	8	Lecture 2 (Muscles) and Running
F	10	Running
M	13	Lecture 3 (Muscle cont..)

W 15 Weight Room

F 17 Running

M 20 Lecture 4 (Muscle Cont..)

W 22 Running

F 24 Lecture 5 Review

M 27 Test 1

W 29 Test Review

OCTOBER

F 1 Running

M 4 Running /Cross-training

W 6 Lecture 6 (Cardiovascular)

F 8 Running

M 11 Fall Break NO CLASS

W 13 Lecture 7 (Energy systems)

F 15 Running

M 18 Lecture 8 (Energy Systems cont..)

W 20 Running

F 22 Lecture 9 (Flexibility)

M 25 Lecture 10 (Flexibility cont..)/Running

W 27 Running

F 29 Test 2

NOVEMBER

M 1 Running

W 3 VO2 max testing

F 5 VO2 max testing

M	8	Running and/or Cross Training
W	10	Lecture 11 (Body comp) VO2 max lab report due
F	12	Running and/or Cross Training
M	15	Lecture 12 (Body comp cont...)
W	17	Lecture 13 (Body comp cont...)
F	19	Running
M	22	Lecture 14 (Nutrition)
W	24	Thanksgiving – No Class
F	26	Thanksgiving – No Class
M	29	Lecture 15 (CV Health)

DECEMBER

W	1	Lecture 16 (Review)
F	3	Review

Final exam review and course evaluations

M	6	Test 3/ Final
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I look forward to having you enjoy this fabulous class with enthusiasm and passion to learn more about you as a student interested in committing to lifelong health and fitness.