

OXFORD COLLEGE of Emory University
Division of Physical Education and Dance
PE 102 Health/Wellness

Instructor: Ms. Jane Hoffmeyer

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Office Hours: Monday/Wednesday: 1:40—2:30

Tuesday/Thursday: 11:00—11:30; 2:15—2:45

Friday: 10:00—10:30

***or by appointment**

Office: Gym 103 H

Fax: 770-784-4677

Course Description:

This course explores specific topics which promote pro-active lifestyles. Each topic covered includes applied skills to make good lifestyle choices. Basic health/wellness concepts will be discussed as well as having the student engage in a less rigorous, regular exercise program.

Goals of the Course:

1. Identify and define the basic components of healthy lifestyles.
2. Identify behaviors that promote healthy lifestyles.
3. Define self-defeating lifestyle behaviors.
4. Assess current fitness level.
5. Develop plans to implement change in the dimensions of wellness.
6. Engage in a walking program vigorous enough to achieve a target heart rate of 70% of maximum.

Course Content:

1. Achieving wellness
2. Exercise principles
3. Cardiorespiratory fitness
4. Muscular strength and endurance
5. Flexibility
6. Nutrition
7. Weight control
8. Stress management
9. Cancer
10. Cardiovascular disease
11. Sexually transmitted diseases
12. Drug abuse

Text: Total Fitness and Wellness, Scott K. Powers and Stephen L. Dodd, Benjamin Cummings (3rd edition).

Dress:

Since regular walking will be engaged in during each class, the student should wear walking shoes, socks, and loose fitting, comfortable clothing.

Attendance policy:

Students are expected to attend class regularly and to be on time. Classes will begin at the appropriate time and tardiness and absences will be considered in your final evaluation. Students will be allowed two or three absences during the semester (three for MWF classes, and two for TTH classes). Students missing more than the allotted absences will have points deducted from the participation grade. **10 points will be deducted thereafter for every absence.** Students are expected to be punctual to class. Students entering class after attendance has been taken are considered tardy and **being tardy to class three times will equal one absence.**

Honor code:

Students are expected to adhere to the Oxford College Honor Code with reference to all matters relating to the evaluative process of this course.

Course Evaluation:

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

A. Written Exams: (40%)

- | | |
|----------------------------|-----|
| 1. Chapters 3, 4, & 5 | 10% |
| 2. Chapter 6, 7, & 8 | 10% |
| 3. Chapter 9, 10, 14, & 15 | 10% |

The lowest grade will be dropped

- | | |
|---------------|-----|
| 4. Final Exam | 20% |
|---------------|-----|

B. Participation: (30%)

The student will be given a Pre and a Post One Mile Walk Test. The student must improve his or her score on the post test. The exercise program consists of power walking two times a week. Refer to the attendance policy (above) for the amount of points deducted if the students exceeds the allotted number of absences.

C. Nutritional Analysis: (10%)

All students will do a nutritional analysis on their eating habits. Students will keep a three-day food/beverage log. The information from the log will be used to complete the nutritional analysis assignment. The CD-Rom “NutriFit” that is included in the textbook will be used to complete the assignment. The due date is on the class calendar.

D. Real Age: (10%)

All students will complete a “real age” assignment in the course. This will be completed by using the website: www.realage.com. Detailed instructions will be handed out in class. The due date is listed on the class calendar. There will be 5 points deducted for every day the assignment is late.

E. Wellness Dimensions: (10%)

All students are required to write a one-page summary for three of the dimensions of Wellness. In each summary students will discuss activities that were selected and engaged in the previous week(s) that positively enhanced the quality of life, for each specific dimension. The summaries are handwritten in class and will be graded on content, organization, mechanics, and grammar. There will be 5 points deducted for every day the dimension is late. The due dates are on the class calendar.

**PE 102 Health/Wellness
Spring 2004
Ms. Hoffmeyer**

W	1/14	Introduction	
F	1/16	Introduction	Chapter 1
M	1/19	HOLIDAY	
W	1/21	Lecture	Chapter 3
F	1/23	Pre-test	
M	1/26	Pre-test	
W	1/28	Lecture and Physical Dimension Due	Chapter 4
F	1/30	Walking	
M	2/2	Walking	
W	2/4	Lecture	Chapter 5
F	2/6	Walking	
M	2/9	Walking	
W	2/11	Exam 1, Chapters 3-5	
F	2/13	Walking	
M	2/16	Walking	
W	2/18	Lecture and Nutritional Analysis Due	Chapter 6
F	2/20	Walking	
M	2/23	Walking	
W	2/25	Lecture	Chapter 7
F	2/27	Walking	
M	3/1	Walking	
W	3/3	Lecture and Intellectual Dimension Due	Chapter 8
F	3/5	Walking	
M	3/8	Spring Break	
W	3/10	Spring Break	
F	3/12	Spring Break	
M	3/15	Walking	
W	3/17	Exam 2, Chapters 6-8	
F	3/19	Walking	
M	3/22	Walking	
W	3/24	Lecture and Real Age Due	Chapter 9
F	3/26	Walking	
M	3/29	Walking	
W	3/31	Lecture	Chapter 10
F	4/2	Walking	
M	4/5	Walking	
W	4/7	Lecture	Chapter 14
F	4/9	Walking	
M	4/12	Walking	
W	4/14	Lecture	Chapter 15
F	4/16	Walking	
M	4/19	Exam 3, Chapters 9-10, 14-15 and Emotional Dimension Due	
W	4/21	Post-test	
F	4/23	Review for Final	
M	4/26	Final Exam	

Adjustments in the calendar may be necessary due to unforeseen circumstances