

OXFORD COLLEGE of Emory University
Division of Physical Education and Dance
PE 100 Health/Conditioning

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Text: Get Fit, Stay Fit by William E. Prentice, McGraw-Hill Publishers (3rd edition)

Course Description:

This course presents information necessary to 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 exercises.

Goals of the Course

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

1. Identify the components of physical fitness.
2. Assess and evaluate her or his current physical fitness status.
3. Demonstrate how to improve 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 physical fitness program.
7. Improve and maintain personal fitness.

Course Content

1. Class orientation and introduction
2. Getting fit
3. Healthy lifestyles
4. Individualized fitness program
5. Cardio-respiratory fitness
6. Muscular strength and endurance
7. Flexibility

C. Fitness Program Design: 10%

All students will design a five-week personal fitness program according to Chapter 3 and class notes. It should focus on one main activity and add more depending on the student's time and ability. It should be two to three typed pages. The due date is listed on the course calendar.

D. Pre-Post Test—Fitness Improvement: 10%

All students will participate in a fitness assessment at the beginning and at the end of the semester. It is expected that the student will show improvement by the end of the semester in each area assessed. If improvement is shown, the student will receive the entire 10%, if there is no change 7.5% will be received and if there is a decrease in fitness level 5%.

E. Nutritional Analysis: 10%

All students will do a nutritional analysis of their eating habits. Students will keep a three-day food/beverage log. The information from the log will be used to complete this assignment: www.fitday.com. The due date is listed on the course calendar.

March 24	Lecture (chpt. 7-8) and jog/activities	Fitness Program due
March 29	Exam 3 and jog/activities	
March 31	Go over Exam 3 and jog/activities	
April 5	Lecture (chpt.9) and jog/activities	
April 7	Lecture (chpt. 10) and jog/activities	
April 12	Discussion of Fitness programs and jog/activities	
April 14	Discussion of Fitness programs and jog/activities	
April 19	Post-test and jog/activities	
April 21	Review for Final and jog/activities	
April26	Final Exam	