

Oxford College of Emory University
Health and Conditioning
Spring 2007

Division: Physical Education and Dance	Instructor: Ms. Esther Miltenberger
Course Number: PE 100	Office: Conference Room
Course Title: Health and Conditioning	Phone: 770-784-4634
Office Hours: MWF: 9:30am-10:00am and by appointment	Email: emilten@learnlink.emory.edu

Catalog Description: A basic health course, which includes a regular, individualized jogging program to increase cardiovascular fitness. Health concepts include nutrition, stress management, preventative medicine, etc., which emphasize personal responsibility for the individual's well being.

Course Objectives: The objective of this course is to promote the concept that a positive, healthy lifestyle can enhance the quality of one's life. This course will assist the student in understanding and improving the health-related components of physical fitness such as cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. The student will analyze each of these components at the beginning and end of the semester and adapt the concepts to an individual exercise program

Course Text: Dianne Hales (2001). An Invitation to Health. Wadsworth

Course Topics: Please refer to the course outline

Activities: Class discussion, participation, in-class assignments, take home assignments, laboratory work and PHYSICAL ACTIVITY (i.e. jogging, walking, stretching, lifting weights, etc.)

Evaluation: The final grade will be based on:

Quiz I and II	10 pts (5%)
Midterm Exam	40 pts (20%)
Final Exam	40 pts (20%)
Homework Labs	30 pts (15%)
Chapter Summaries	20 pts (10%)
Fitness Improvement	10 pts (5%)
Participation	50 pts (25%)

Total = 200 points

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.

Homework Labs: Choose 3 Labs from the textbook

Chapter Summaries: Preparation for discussions - Readings will be assigned for each concept covered. Prior to each class meeting, students are responsible for the initial study of the basic material in the text and for preparation of chapter summaries that include summaries of the major concepts covered in the chapter. One copy of the summary is to be handed in at the beginning of the class period. A second copy should be kept and used as notes. Additions to the summaries should be made during the class discussion. Additional daily assignments may be given which require preparation before class.

FORMAT: MINIMUM of 1 Page Typed, double-spaced, 12 font.
Paragraph form or outline form will be accepted

Fitness Improvement: Based upon pre/post tests of flexibility, muscular endurance, and cardiovascular fitness:

Positive change= 20 pts. No change= 10 pts. Negative change= 0 pts

***All assignments must be typed and 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 MADE-UP. If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with Ms. Miltenberger **before** the day that will be missed.

Class Attendance: Each student is required to come to class. **Each student will be allocated three unexcused absences. Each additional absence will result in -5 PTS. to the final point total. If the student has accumulated more than 6 absences (20% of the class) the final grade will result in an "F".** If you believe you have justification for an absence to be excused you MUST discuss this with Ms. Miltenberger in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions.

****If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth).**

Lateness:

Lateness will NOT be tolerated. Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.

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).

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. No jeans or street shoes. You will not be allowed to

participate if you are dressed inappropriately. As a college student, you are responsible for presenting yourself in a professional manner. Cell phones must be turned OFF during class.

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 www.college.emory.edu/students/honor.html

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.

Course Outline

JANUARY	
R 18	Syllabus and course introduction
T 23	Lecture: Chapter 1 –Summary due Activity – strength training basics/safety/warm-up and stretching
R 25	Fitness testing
T 30	Chapter 2 –summary due Activity: Fitness testing
FEBRUARY	
R 1	Activity: circuit training/jogging
T 6	Lecture: Chapter 3 –summary due QUIZ I (Chapters 1 and 2) Activity: jogging workout
R 8	Activity: Ultimate Frisbee skills/training
T 13	Lecture: Chapters 4 and 5 – summaries due Activity: Ultimate Frisbee/tournament
R 15	Activity – circuit training/stairs/hydration and sport
T 20	Lecture: Review for Mid-term Exam Activity: strength training
R 22	Activity – circuit training/jogging
T 27	Mid-term EXAM LAB I DUE
MARCH	
R 1	Activity: hill training
T 6	Lecture: Chapter 6 – summary due Activity: jogging
R 8	Activity: hill training
T 13	Spring Break – No classes ☺
R 15	Spring Break – No classes ☺
T 20	Lecture: Chapter 7 – summary due Activity: circuit training/jogging
R 22	Activity – off road running
T 27	Lecture: Chapter 8 – summary due Activity: Ultimate frisbee
R 29	Activity – hill repeats
APRIL	
T 3	Chapter 9 –summary due Activity – mile training
R 5	Activity: mile repeats
T 10	Chapter 10 – summary due Activity: jogging
R 12	Activity – jump rope training
T 17	Activity – jump rope contest
R 19	Activity – Adventure Race
T 24	Review/Study Guide for Final Exam
R 26	Activity: Scavenger Hunt
MAY	
T 1	FINAL EXAM LABS I AND II DUE

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