

**OXFORD COLLEGE OF EMORY UNIVERSITY**  
**Division of Physical Education & Dance**  
**PE 100 Health/Conditioning**  
**Spring Semester, 2000**

Instructor: Nebojsa Nash Toskovic  
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Office Hours: M/W - 5.00 p.m. – 6.00 p.m.  
                  T/TH – 3.30 p.m. – 4.30 p.m.  
                  F – 2.00 p.m. – 3.00 p.m.  
                  Also by appointment.

**I. Course Description**

This course is designed for students interested in learning about the benefits of physical activity and positive life style habits as means to promote better health. Students will learn how to take control of their personal health habits to insure a better, healthier, and more productive life. Course will cover basic exercise physiology, health-related fitness, nutrition, and stress management. In this class enhanced cardiorespiratory endurance is the primary goal and is achieved, for the most part, through variety of activities (with jogging being the predominant one). All participants in the course will be assessed on their fitness status at the beginning and at the end of exercise program.

**II. Text**

Lifetime Physical Fitness and Wellness – A Personalized Program, Hoeger & Hoeger, fifth edition. Assigned readings will be placed on reserve at the front desk in the library. Some test material will be given to students in the form of handouts and class instructions.

**III. Dress**

Students are required to wear running shoes and socks. Students are further urged to wear loose fitting shirts and shorts. Shirts are to be worn at all times. In the case of cold weather, a warmer dress is recommended.

**IV. Objectives**

After successful completion of this course the student will be able to understand and demonstrate:

- A. Historical and contemporary perspectives of exercise in the USA (Ch.1 – week 1).
- B. Medical aspects of exercise, place and potentials of exercise in promoting personal health and prevention of the most common diseases, health benefits of comprehensive health/conditioning programs (Ch.1 – week 2,3).
- C. Physical activity, exercise, physical fitness, health-related, and skill-related components of physical fitness (Ch.1 - week 3,4)
- D. Components and physiology of cardiovascular system, heart disease (week 5).
- E. Cardiorespiratory endurance assessment, and principles of cardiorespiratory prescription (Ch.2, 3 – week 7).

- F. Acute and chronic effects of aerobic exercise (Ch. 2 – week 7,8).
- G. Muscular strength and endurance assessment and basic principles of strength exercise (Ch. 4, week 10,11)
- H. Physiological effects of anaerobic exercise (Ch. 4, week 12).
- I. Flexibility assessment and principles of flexibility exercise (Ch. 5, week 13).
- J. Body composition and principles of weight control (Ch. 6, week 14).
- K. Nutrition and performance (Ch. 7, week 15).
- L. Stress management (Ch. 11, week 15).
- M. A personal strategy in choosing the appropriate exercise program for future practices according to individual potential and goals.

## **V. Course Requirements and Student Responsibilities**

To attend and actively participate to the best of your abilities and according to the principles of Yoga exercise. Students are expected to attend all classes. Three (3) absences will be allowed. Each additional absence without consent of the instructor will result in your final grade being dropped by half a letter grade.

Late arrivals will be recorded and if repeated will result in a grade penalty. Two late arrivals will count as one absence. If class has started then I have taken attendance and you are responsible for correcting your attendance record with me after class.

Extenuating Circumstances: 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. There are no excused absences beyond the two that are provided but make-up work may be offered at my discretion. I will not offer make-up if too much time has passed between your absence(s) and our meeting.

## **VI. Criteria/Grade**

1. Attendance/ Participation - 20%
2. Two announced quizzes – 10% (4<sup>th</sup> and 12 weeks of classes)
3. Health/Fitness related paper - 20% (10<sup>th</sup> week of classes)
4. Measurable factors of fitness – completion of fitness tests and analysis of personal scores (pre-post training) - 20% (last week of classes)
5. Final Exam - 30% (last week of classes)

## **VII. Grading**

A = 89 - 100

B = 79 - 88

C = 70 - 78

D = 60 - 69