

**PE 100 Health Conditioning
(Fall 2003, MWF 12:50 to 1:40)**

Instructor: Dr. Yang, Guibao
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Also by appointment.

Office: Gym 103 H
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Location: Mezzanine
TTh: 4:00 to 5:30 pm

Course Description:

The course offers and provides information necessary to let students gain knowledge and 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 etc.

The 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 ones present 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 (topics)

- A. Lectures: Class orientation and general introduction; getting fit; creating a healthy lifestyle; starting your own fitness program; cardio-respiratory fitness, muscular strength and endurance; flexibility; body composition; nutrition; becoming a wise consumer; practicing safe fitness.
- B. Class Activity: Jogging will be the main activity. In addition, It will include other activities such as walking, interval, Fartlek, and circuit training, muscular strength and endurance training, and other sport activities.

Instructional Activities and Methodology

A developmental and systematic approach will be employed to the content of this course. Students will be provided with learning opportunities in the form of discussion, visual aids, literature reviews, individual projects and a variety of

exercise session and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

Exams and Grading

A. Written Exams: (40%)

- | | |
|-----------------|-----|
| 1. Chapter 1-2: | 10% |
| 2. Chapter 4-5: | 10% |
| 3. Chapter 6-8: | 10% |
- (The lowest exam grade will be dropped)

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| 4. Final exam: | 20% |
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B. Personal fitness program design: (10%)

You will design a five-week personal fitness program according to Chapter 3 and lectures. It should focus on one main activity and add more depending on your own time and ability. It needs to be 2-3 pages long and typed. The deadline for the paper is **Wednesday, 11/20/02**.

C. Fitness Improvement: (10%)

Improvement =10%, No Change=7.5%, Decrease=5%

D. Non-class workouts: (10%)

You are asked to exercise and workout by yourself at your own pace. Each exercise session should be no less than 30 minutes and no less than 2 times each week. The grade is according to how many weeks you do your exercise: 4 weeks=10%, 3 weeks=7.5%, 2 weeks=5%, 1 week=2.5%.

E. Participation (30 %)

About one third of your final grade will be based on participation. Students will gain 30 points toward final grade if they are actively participating classes and do not miss more than three (3) classes.

Attendance Policy

Students are expected to attend class regularly and punctually. Classes will begin promptly at scheduled times, thus tardiness and absences will be counted and considered in your final evaluation.

- A. Maximum **three (3)** absences (one-week class) will be allowed without penalty for the semester. These are to be used for illness, emergencies, weddings, etc.
- B. After 3 absences, each consecutive absence will result deducted points from your participation grade. **5 points will be deducted from next 3 consecutive absences and 10 points will be deducted in Seventh absence there after.**
- C. **Three (3) tardy** will equal to **one class absence.**

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

General Requirements and Information

- A. No food, drinks, or gum chewing is allowed.
- B. **Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C. Try not to wear jewelry during classes and glasses worn should be secured.
- D. **Attention:** Class activities may include vigorous exercises. 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 (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

Text Book

Getting Fit Stay Fit., Third Edition, William E. Prentice. Mosby

PE 100 Health Conditioning MWF Class Calendar, Fall 2003

Week	Day	Date	Activities	Assignment
1.	W	8/27	Introduction	
	F	8/29	Introduction, pre-fitness test, & activities	
2.	M	9/1	Labor Day	
	W	9/3	Lecture	Chapter 1-2
	F	9/5	Jogging and activities	
3.	M	9/8	Jogging and activities	
	W	9/10	Lecture	Chapter 1-2
	F	9/12	Jogging and activities	
4.	M	9/15	Jogging and activities	
	W	9/17	Exam 1, Chapter 1-2 and Lecture	
	F	9/19	Jogging and activities	
5.	M	9/22	Jogging and activities	
	W	9/24	Go over Exam 1 and Lecture	Chapter 4-5
	F	9/26	Weight training and activities	
6.	M	9/29	Jogging and activities	
	W	10/1	Lecture	Chapter 4-5
	F	10/3	Jogging and weight training	
7.	M	10/6	Jogging and weight training	
	W	10/8	Exam 2, Chapter 4-5 and Lecture	
	F	10/10	Weight training and activities	
8.	M	10/13	Mid-semester break	
	W	10/15	Go over Exam 2 and Lecture	Chapter 3
	F	10/17	Jogging and activities	
9.	M	10/20	Jogging and activities	
	W	10/22	Lecture	Chapter 3, 6-8
	F	10/24	Jogging and activities	
10.	M	10/27	Jogging and activities	
	W	10/29	Lecture	Chapter 6-8
	F	10/31	Jogging and activities	
11.	M	11/3	Jogging and activities	
	W	11/5	Lecture	Chapter 6-8
	F	11/7	Jogging and activities	
12.	M	11/10	Jogging and activities	
	W	11/12	Exam 3, Chapter 6-8 and Lecture	Chapter 6-8
	F	11/14	No class, teacher goes to conference	
13.	M	11/17	Jogging and activities	
	W	11/19	Lecture (Due date for paper)	Chapter 9-10
	F	11/21	Jogging and activities	
14.	M	11/24	Jogging and activities	
	W	11/26	Thanksgiving recess	
	F	11/28	Thanksgiving recess	
15.	M	12/1	Post-Fitness Test reviewing, flexibility post test	
	W	12/3	Post- Fitness Test	
	F	12/5	Final Exam reviewing	
16.	M	12/8	Final Exam	