

F 2000

PE 100 HEALTH CONDITIONING

LOCATION: MEN LOCKER RM
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** S Gym Trailer RM 3
SECTION: 11J
DAY/TIME: TUES/THURS: 11:00 AM – 12:15 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:00 - 11:00 AM;
Tuesday/Thursday: 1:00 - 2:30 PM

COURSE OBJECTIVES:

1. To understand the importance of health and medical benefits of exercise.
2. To develop basic skills for personal fitness evaluation.
3. To learn the general principles of training, adaptation, and maintenance of cardiovascular endurance, muscular strength and endurance, and flexibility.
4. To understand the importance of proper nutrition and body composition.
5. To develop and maintain a personal lifetime cardiovascular fitness.

GRADING SCALES:

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; 0-59% = F

COURSE OUTLINE:

A. INTRODUCTION:

Fitness Assessment: Pre-test and Post-test

1. Heart Rate: resting & target
2. Sit-ups
3. 1.5 mile Run Test

B. LECTURES:

1. First 45 min of each period on Tues. & Thurs. (Total Fitness)

C. CLASS WORK:

2. Jogging (30 MIN. duration) will be the main activity throughout the semester. It will follow after the lecture of each class.

EXAMINATION:

1. Written Exams [50%]

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|-----------------|-----|
| a. Chapters 1-4 | 25% |
| b. Chapters 5-8 | 25% |

2. 1.5 Mile Run [20%]

20%

3. Fitness Improvement [10%]

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|--|----|
| a. Using results from the post-test | 5% |
| Better = 100% no change = 75% worst = 50% | |
| b. Using the time of 4 test-run | 5% |
| 4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25% | |

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FALL 2000**PE 100: 11J [TT]****CLASS CALENDER**

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	THURS	8/31	INTRODUCTION	CH 1
2	TUES	9/5	LEC CH 1/FA: PRE-TEST	CH 2
	THURS	9/7	LEC CH 2/JOGGING	
3	TUES	9/12	LEC CH 2/TEST RUN NO. 1	CH 3
	THURS	9/14	LEC CH 3/JOGGING	
4	TUES	9/19	LEC CH 3/LAB: SKINFOLD METHOD	
	THURS	9/21	LEC CH 3/JOGGING	CH 4
5	TUES	9/26	LEC CH 4/JOGGING	
	THURS	9/28	ASEP: LIBRARY ASSIGNMENT	
6	TUES	10/3	LEC CH 4/TEST RUN NO. 2	
	THURS	10/5	LEC CH 4/REVIEW FOR MID-TERM	
7	TUES	10/10	MID-TERM EXAM [LEC 1-4]	
	THURS	10/12	LEC CH 5/JOGGING	CH 5
8	TUES	10/17	MIDSEMESTER BREAK	
	THURS	10/19	LEC CH 5/JOGGING	
9	TUES	10/24	LEC CH 5/TEST RUN NO. 3	
	THURS	10/26	LEC CH 5/JOGGING	CH 6
10	TUES	10/31	LEC CH 6/JOGGING	
	THURS	11/2	LEC CH 6/LAB: CAL. MEASUREMENT	
11	TUES	11/7	LEC CH 6/JOGGING	CH 7
	THURS	11/9	LEC CH 7/JOGGING	
12	TUES	11/14	LEC CH 7/JOGGING	
	THURS	11/16	LEC CH 7/JOGGING	CH 8
13	TUES	11/21	LEC CH 8/JOGGING/TEST RUN NO. 4	
	THURS	11/23	THANKSGIVING HOLIDAY	
14	TUES	11/28	LEC CH 8/JOGGING	
	THURS	11/30	LEC CH 8/FA: POST-TEST	
15	TUES	11/5	1.5 MILE RUN TEST	
	THURS	12/7	REVIEW FOR FINAL	
16	TUES	12/12	FINAL WRITTEN EXAM [LEC 5-8]	