

Oxford College
Course Syllabus
PE 100 – Health and Conditioning
Spring 2005

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Office Hours: MWF 8:00-8:30am; TTH 9:30-10:00am; by appointment only

Catalog Description:

A basic health course that includes a rigorous individualized jogging program to increase cardiovascular fitness. Health components include nutrition, stress management, preventative medicine, and more, which emphasize personal responsibility for the student's well being.

Course objectives:

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.*

Text:

Dianne Hales (2001). An Invitation to Health. Wadsworth.

Class Activities:

Most of the class will be participation in physical activities (ie: jogging, walking, stretching, lifting weights, circuit routines, outside cardiovascular fitness games, et cetera). There will also be classroom lectures, class discussions, in-class assignments, take-home projects, and learning labs.

Evaluation:

The final grade will be based on the following:

Midterm exam – 20%
Final exam – 20%
Fitness improvement – 10%
Participation – 30%
Group Project – 10%
Learning Labs – 10%

*** All points of each individual assignment will be given at the time the assignment is made. At the end of the semester, all earned points will be added to get a total points earned. The total points earned will be divided by the total points available. This will determine the final grade.*

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

*For example, 150 points earned/200 points available = 0.75 * 100 = 75% = C*

Assignments:

Exams: Midterm and final. Format will be multiple choice and short answer questions.

Fitness improvement: Based upon pre-post tests of flexibility, muscle endurance, and cardiovascular endurance.

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

Participation: There are three points available each day. One point for coming to class, one point for actual participation in the physical activity or class activities, and one point for appropriate dress (see below). Should you be sick or physically injured, you must provide a doctor's note; otherwise, you will be expected to participate every day, no exceptions.

Group Project: To be announced at a later date.

Learning labs: There will be several in-class and out-of-class assignments given during the course of the semester.

***All assignments must be typed and handed in on the due date. All tests must be taken on the scheduled test day. 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 the instructor BEFORE the day that will be missed.

Class attendance:

Each student is required to come to class. Each student will be allocated three days whether EXCUSED OR UNEXCUSED to miss class. Each additional absence will result in -5 pts from the total points earned. If the student has accumulated a total of 8 absences or more, the final grade will result in an "F". 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.

In case of death in the family, severe illness, school functions, or other unforeseen emergencies causing you to miss class, the instructor must be notified as soon as possible. Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions. This does NOT mean that you are allowed to miss more than 3 days of class (excused or unexcused).

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

Dress Code:

On activity days, you must come to class dressed appropriately for physical activity. For example, you may wear sweatpants/shorts, t-shirts, and running shoes. No jeans or street shoes. **You will not be allowed to participate without the appropriate attire.** As a college student, you must be responsible for presenting yourself in a professional manner. Please do not come to class in clothes where the undergarments can be seen. Cell phones need to be turned off during class. Should this become a problem, you will be asked to leave class and you will receive an absence for that day.

Honor Code:

Please review the Oxford College Honor Code at the following website: www.college.emory.edu/students/honor/html. You are expected to abide by this code while participating in this class.

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 conditions or physical problems to prevent you from full participation in such activities, 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 meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016).*