

Indoor Cycling/Circuit Training

PE 105

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Office Hours: Mon, Wed, & Fri: 10:30-11:30AM & **by appointment**

Course Description:

In this basic health/fitness course, students will spend one half of the semester using a modified stationary bicycle to simulate outdoor cycling and the second half practicing circuit training. The first half of the semester will involve a general cardiovascular program focused on and defined by the biomechanics of cycling. The second half of the semester will involve a variety of cardiovascular activities to include sports conditioning, step aerobics, and dance aerobics alternating with muscular endurance/strength training activities. The strength training component may include free weights, resistance tubing, and body bars.

Course Objectives: The student will:

1. Identify the components of physical fitness: cardiorespiratory health, muscular strength & endurance, body composition, and flexibility.
2. Assess and evaluate one's physical fitness status.
3. Establish personal fitness goal(s) and evaluate one's progress toward goal(s).
4. Experience and explore a variety of physical exercise programs, particularly indoor cycling, sports conditioning, step aerobics, cardio dance and resistance training using body weight, free weights, tubing and bars.
5. Identify components of healthy nutrition related to an active fit lifestyle.
6. Understand the biomechanical principles of cycling.
7. Demonstrate correct indoor cycling techniques.
8. Demonstrate proper strength training techniques.
9. Improve and maintain personal fitness.
10. Hopefully develop a lifelong love and enthusiasm for exercise to achieve a healthy, fit lifestyle.

Course Text: Fitness & Wellness, 9th edition, Hoeger, Werner W.K. & Hoeger, Sharon S., Wadsworth Cengage Learning, 2011

Course Activities:

Physical Activity!!, class discussion, written assignments, heart rate monitoring and specific fitness assessments at beginning and end of course

Methods of Evaluation: Participation: 20%, Written Assignments: 30%, Midterm Exam: 20%, Final Exam: 20%, and Fitness Improvement: 10%

Participation: 20%

See Division Class Attendance Policy below. This grade is based primarily on being present in class. *Being present* means not only “being in class” but also *actively engaging* in the specific physical activity. Not being present and not being actively engaged could negatively affect your participation grade.

PE Division Class Attendance Policy:

- A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.
- B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three (MWF)/two (TTH) absences are allowed without penalty. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor’s responsibility to report your name to the Office of Academic Services.
- C. After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,
 MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.
 TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of F.
- D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.
- E. At the end of the semester, MAKE UP work may be provided at the instructor’s discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Come to class-- even if you do not feel well enough to participate! It is expected that you arrive for class on time. I will take attendance at the beginning of class. Three late arrivals (not in class within 5 minutes of start time) will be equivalent to one absence. If you are late, you must see me **at the end of that class**

to remind me to change your absence to a late. If you do not, **you may be counted absent even when you were in class.**

Dress Code: Come to class appropriately dressed for physical activity, i.e, sweatpants/shorts, t-shirt, and running shoes. Part of being prepared for class includes bringing a water bottle and hand towel.

Exams: Mid-term -20% and Final exam-20%, multiple choice and short answer format

Written Assignments: Total 30%: Write and submit typed essays on the following:

#1 Establish a personal fitness goal & why important to you—250 words—10%

#2 Personal nutritional assessment 250-500 words-10%, and

#3 Assess & evaluate personal fitness goal at end of course based on fitness principles learned in course- 250 -500 words-10%

Details regarding these assignments will be announced later.

Fitness Improvements-10%

This grade will be based on improvements or maintenance of personal fitness as noted on assessments taken at beginning of course and at end of course. The assessments may include but are not limited to cardiorespiratory , flexibility , strength, and body composition assessments.

Optional extra credit activity: Teach a portion of a class

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

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. Students with identified or suspected

writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722)

Reminder: Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that preclude you from full participation in such activity, it is your responsibility to inform me 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.

The Oxford College Student 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 <http://www.college.emory.edu/students/honor.html>. If you have any questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

Grade Appeal Process

If you wish to contest the final grade you receive in this class, you must 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