

PE 100 – Health and Conditioning
Course Syllabus
MWF 10:40-11:30am
Field/Classroom 105

Instructor: Gregory Moss-Brown **E-mail:** mossbrown@emory.edu
Office: Williams Gymnasium, Oxford College **Phone:** 770-784-4672
Office Hours: By Appointment (Usually you can find me 30 mins before class or after).

Catalog Description: This course is designed to provide students with an understanding of optimal health; a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health. Additionally, this course will develop and maintain cardiovascular and aerobic fitness as well as developing a healthy and sustainable physical active lifestyle.

Course Content: Personal Health & Fitness, Dimensions of Wellness, Healthy People 2010 DATA, Health Across the Lifespan, Behaviour Modification and Strategies for Change, Cardiovascular Fitness & Health, Muscular Strength & Endurance, Flexibility, Body Composition, Developing a Personal Fitness Program, Nutrition and Weight Mgmt.

Course Objectives: As a result of this course, the student will be able to:

1. Identify and understand the components of physical fitness.
2. Assess and evaluate ones present physical fitness status.
3. Design and develop an individualized physical fitness program.
4. Improve and maintain personal fitness.
5. Learn and identify the importance of nutrition and psychology as it relates to health.
6. Learn and identify Strategies for Change using “S.M.A.R.T.E.R goals”

Course Text: No required text.

Activities: Lecture, discussion and participation, in- and out-of-class assignments, and PHYSICAL ACTIVITY (i.e. calisthenics, weight training, aerobic activities, running with some cross training and alternative types of conditioning).

Course Outline: Calendar will be issued during the 1st week of class

- All dates and activities are subject to change. Instructor will give proper notice of such change(s)
 - Class notes and important updates will be posted on your LL site for this class.
- You are responsible for all information posted to the LL site.

Methods of Evaluation:

Test 1 = 10%	Test 4	= 10%	Physical Fitness Evaluation = 10%
Test 2 = 10%	Final Test	= 20%	Participation = 15%
Test 3 = 10%	Presentation	= 15%	

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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

Assignments

Exams – Tests, Presentation, Fitness Evaluation. Format will be multiple choice, fill in the blanks and short answer questions.

Presentation

Personal Physical Fitness-Pgm.

*****All assignments must be handed in on the due date. All tests & presentations must be taken on the day that the test is scheduled. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADEUP.**

If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me before the day that will be missed.

Divisional Attendance Policy

MWF (3) Attendance policy

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) 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), 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 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 makeup 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 there are other ways you can contribute so that your grade will not be penalized.

There will be NO MAKE UPS for written work or tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Dress Code:

On activity days you must come to class dressed appropriately for physical activity, i.e. sweatpants/shorts, a t-shirt, and running shoes. You will not be allowed to participate if you are dressed inappropriately. Cell phones must be switched OFF during class.

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 (ODS)-(404-727-6016) with questions about such services. It is the students 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 prevent you from full participation in such activity, it is your responsibility to inform me and provide documentation from your physician stating the following:

- 1) The medical condition
- 2) Limitations of the condition
- 3) Recommendations that would help you meet the requirements 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>

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Grade Appeal Process

If you wish to contest the final grade you receive in this class you are to 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.