

**OXFORD COLLEGE OF EMORY
UNIVERSITY**

CHL

Course Syllabus

Tu & Th 10:00-11:15

PE_OX 200R - 10J Topics In Lifetime
Activities

Jogging

1 CREDIT HOUR

Instructor: Coach Gregory Moss-Brown

Office Location: Williams Gymnasium

Office Hours: MW 1-3, Alt times by appt.

Telephone: 770-784-4672

Email: mossbrown@emory.edu

COURSE DESCRIPTION: This course is designed to provide students with an understanding of running/jogging as a way to develop and maintain cardiovascular and aerobic fitness as well as developing a healthy and sustainable physical active lifestyle.

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. Improve and maintain personal fitness.
4. Learn and identify the importance of nutrition and psychology in relation to running.
5. Understand the kinesiology of running

Value Awareness: Throughout the course the students are challenged to question the bases for running and physical fitness as having an impact on individual, the family, the community and society in general. The student is encouraged to examine others values and their own in the application of jogging as a multicultural lifetime fitness activity.

Instructional Activities and Methodology:

Developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunity to improve their cognitive knowledge, motor skills, and personal health and wellness from classroom lectures, discussions, visual aids, and a variety of running assignments

**OXFORD COLLEGE OF EMORY
UNIVERSITY**

CHL

Course Syllabus

Tu & Th 10:00-11:15

PE_OX 200R - 10J Topics In Lifetime
Activities

Outdoor Biking

1 CREDIT HOUR

Instructor: Coach Roderick Stubbs

Office Location: Williams Gymnasium

Office Hours: MW 1-3, Alt times by appt

Telephone: 770-784-4672

Email: roderick.stubbs@emory.edu

COURSE DESCRIPTION: The cycling portion of the class will cover the following components: rules of the trail and road, safety, riding technique, clothing, equipment, history, physiology and basic bike maintenance. During the first few classes, part of each class will be dedicated to lecture and discussion on relevant topics, and the remainder of each class will be allocated to a ride in the local area. During the last few weeks, the entire classes will be dedicated to riding. Upon completion of the course, the student will have learned safe and effective biking techniques, improved his/her fitness, and acquired basic bike maintenance skills. Oxford |College of Emory University will provide you with a bike for the class as well as a helmet.

OBJECTIVES: Upon completion of the course the student will be able to:

1. Explain the physiological basis of bike riding
2. Define, understand, and implement road safety habits
3. Compare and Contrast the Risks and Benefits of Performance and Health Related Physical Fitness Training associated with specific Age, Gender, and ethnic Populations.
4. Prepare students for practicing in the field.

Value Awareness: Throughout the course the student are challenged to question the bases for cycling and physical fitness as an impact on individual, the family, the community and society in general. The student is encouraged to examine other values and their own values in the application of cycling as a multicultural lifetime fitness activity.

Evaluation:

Written Exams (20%)

Assignments (20%)

Participation/Improvement/Attitude/Attendance/Dress (50 %) This includes the completion of all in class runs and assessments

Final Exam (10%)

Grading Summary:

A=92.0–100
A-= 90.0-91.9
B+=88.0–89.9
B=82.0-87.9
B-=80.0–81.9
C+=78.0–79.9
C=72.0-77.9
C-=70.0-71.9
D+=68.0-69.9
D=60.0–67.9
F=0 – 59.9

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. 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.

Evaluation:

Written Exams (20%)

Assignments (20%)

Participation/Improvement/Attitude/Attendance/Dress & Journal (50 %) This includes the completion of all in class rides and assessments

Final Exam (10%)

Grading Summary:

A=92.0–100
A-= 90.0-91.9
B+=88.0–89.9
B=82.0-87.9
B-=80.0–81.9
C+=78.0–79.9
C=72.0-77.9
C-=70.0-71.9
D+=68.0-69.9
D=60.0–67.9
F=0 – 59.9

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. 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

Performance goals and student expectations:

Assignments: Each student will demonstrate knowledge of the subject through written and/or oral examinations and skills test. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are penalized at 10% per class not turned in. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and English. Assignments are always due IN CLASS and will be collected at the beginning. Electronic submission will be accepted with the approval of the instructor! Electronic submissions will be due prior to the commencement of class.

If you are going to be absent on assignment due dates or test days, it is the student's responsibility to turn it in electronically.

In case of death (in the family), severe illness, and school functions, the instructor must be notified before missing class. Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions.

Text There is no required text for this class.

Performance goals and student expectations:

Assignments: Each student will demonstrate knowledge of the subject through written and/or oral examinations and skills test. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are penalized at 10% per class not turned in. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and English. Assignments are always due IN CLASS and will be collected at the beginning. Electronic submission will be accepted with the approval of the instructor! Electronic submissions will be due prior to the commencement of class.

If you are going to be absent on assignment due dates or test days, it is the student's responsibility to turn it in electronically.

In case of death (in the family), severe illness, and school functions, the instructor must be notified before missing class. Afterwards, authentic documentation must be provided to the instructor on the first day back to class. There will be no exceptions

Text There is no required text for this class.

Participation and safety: Ride safely! Students are expected to participate in the weekly rides, and they must not endanger the safety of themselves or others while participating in the rides. Students are encouraged to bring water and stay well hydrated during the rides.

Training journal: Training journals enable cyclists to monitor their levels of fitness and keep track of prior riding experiences and future goals. During the semester, students will write a paragraph (typed, double-spaced) after each ride. Topics may include ride logistics (location, length, time, and difficulty), techniques learned and/or practiced, bike maintenance, performance, training goals, etc. At the end of the semester, students will submit their training journals to the instructors for evaluation.