

## PE 100 HEALTH CONDITIONING

**LOCATION:** Gym & Class Rm. # 8  
**INSTRUCTOR:** Dr. Yit Aun Lim      **OFFICE:** Gym 2  
**SECTION:** 12J  
**DAY/TIME:** TUES/THURS: 12:30 PM - 1:45 PM  
**PHONE NO.:** (770) 784-4675      **ON CAMPUS:** 4-4675  
**E-MAIL:** ylim@learnlink.emory.edu  
**OFFICE HOUR:** Monday/Wednesday/Friday: 11 AM – 12 PM; Tuesday/Thursday: 10 – 11 AM

### COURSE OBJECTIVES:

1. To understand health and medical benefits of exercise.
2. To develop basic skills for personal fitness evaluation.
3. To learn the general principles of training: 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. Flexibility Test
3. Sit-ups
4. 1.5 mile run test or 1 mile walk 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%]**
  - a. Chapters 1-4 25%
  - b. Chapters 5-8 25%
2. **1.5 Mile Run [20%] 20%**
3. **Fitness Improvement [20%]**
  - a. Using results from the post-test 10%  
better = 100% no change = 75% worst = 50%

- b. Using the time of 4 test-run **10%**  
4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25%

4. **Course Assignment [10%]** **10%**

**TEXT BOOKS:**

Total Fitness: Exercise, Nutrition, and Wellness by Scott Powers and Stephen Dodd.

**ATTENDANCE:**

1. A maximum of two (2) absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of four (4) bonus points will be added to the final grade for student who does not miss any classes during the semester; two (2) points will be given to those who missed only one class.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered as absences.

**RISK AWARENESS STATEMENT:**

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
  - a. Have your physician state the nature of your limitation(s) in writing.
  - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

**SPRING 2000****PE 100: 1230J [TT] CLASS CALENDER**

<b>WEEK</b>	<b>DAY</b>	<b>DATE</b>	<b>ACTIVITIES</b>	<b>ASSIGNMENT</b>
1	THURS	1/20	INTRODUCTION	CH 1
2	TUES	1/25	LEC CH 1/FA: PRE-TEST	CH 2
	THURS	1/27	LEC CH 2/JOGGING	
3	TUES	2/1	LEC CH 2/TEST RUN NO. 1	CH 3
	THURS	2/3	LEC CH 3/JOGGING	
4	TUES	2/8	LEC CH 3/LAB: SKINFOLD METHOD	
	THURS	2/10	LEC CH 3/JOGGING	CH 4
5	TUES	2/15	LEC CH 4/JOGGING	
	THURS	2/17	LEC CH 4/JOGGING	
6	TUES	2/22	LEC CH 4/TEST RUN NO. 2	
	THURS	2/24	LEC CH 4/REVIEW FOR MID-TERM	
7	TUES	2/29	MID-TERM EXAM CH 1-4	
	THURS	3/2	LEC CH 5/JOGGING	CH 5
8	TUES	3/7	LEC CH 5/JOGGING	
	THURS	3/9	LEC CH 5/TEST RUN NO. 3	
9	TUES	3/14	SPRING BREAK	
	THURS	3/16	SPRING BREAK	
10	TUES	3/21	LEC CH 6/JOGGING	CH 6
	THURS	3/23	LEC CH 6/LAB: CAL. MEASUREMENT	
11	TUES	3/28	LEC CH 6/JOGGING	CH 7
	THURS	3/30	LEC CH 7/JOGGING	
12	TUES	4/4	LEC CH 7/TEST RUN NO. 4	
	THURS	4/6	LEC CH 7/JOGGING	CH 8
13	TUES	4/11	LEC CH 8/JOGGING	
	THURS	4/13	LEC CH 8/JOGGING	
14	TUES	4/18	LEC CH 8/FA: POST-TEST	
	THURS	4/20	MAKE UP DAY	
15	TUES	4/25	1.5 MILE RUN TEST	
	THURS	4/27	REVIEW FOR FINAL	
16	TUES	5/2	2 <sup>ND</sup> WRITTEN EXAM	