

OXFORD COLLEGE
Course syllabus

Division: Physical Education and Dance
Course Number: PE 100
Course Title: Health/Conditioning
Phone: 770-784-8354
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Instructor: Dr. Todd Sherman
Office: Gym 103HC
Office Hours: MW 1-2, TR 9-10 & 1-2
Friday & all other times- app. Only

Catalog Description: A basic health course that includes a rigorous individual jogging program to increase cardiovascular fitness. Health concepts include nutrition, stress management, preventive medicine, and more, which emphasize personal responsibility for the student's well-being.

Text: Hales, D. (2001). An Invitation to Fitness and Wellness. Wadsworth. U.S.

Technology Competencies:

All projects and assignments for this course must be done using word processing, saved on disk for the class portfolio and a hard copy turned in for evaluation. Changes or corrections are done on the original files with a hard copy of the assignment handed in and the new file saved on disk.

The following technology competencies are expected:

- Enter and edit text and copy and move block of text.
- Check spelling, grammar, word usage.
- Terms such as cursor, format, font, style, header, footer, spelling checker.

Library research and information sources project/assignments include the location of web sites and explanation of what they have to offer.

The following technology competencies are expected:

- Access and use resources on the Internet and World Wide Web.
- Terms such as telecommunications, direct access, dial-in access, modem, baud rate, Internet, World Wide Web.

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

1. Interpret the ACSM Position Stand on Quantity & Quality of Exercise and Describe the Physiological and Psychological Effect of Physical Activity on Health.
2. Recognize Factors Contributing to Basic Energy Systems and Bioenergetics (ability to produce energy)
3. Define and Describe Acute and Chronic Responses to Cardiovascular and Resistance Training in men and females.
4. Define and Analyze the Components of Health-Related Physical Fitness and Administer Tests to Assess HRPF (aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition) using the latest equipment available.
5. Discuss the Advantages and Disadvantages of various Flexibility Programs
6. Compare and Contrast the Risks and Benefits of Performance and HRPF Training associated with specific Age, Gender, and ethnic Populations.
7. Identify Cardiovascular Disease Risk Factors and Physical/Environmental Risk Factors associated with Moderate and Vigorous Physical Activity
8. Describe and Discuss Important Factors to Optimal Nutrition for Performance and Health-Related Physical Fitness

Course Topics: Please refer to the course calendar.

Activities: The student will be involved in class discussion via question and answer sessions, In-Class assignments; take home projects, laboratory work and PHYSICAL ACTIVITY (i.e. jogging, walking, stretching, lifting weights, circuit routines, etc.).

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Assignments: The student will be required to perform a variety of assignments such as:

1. PreTest
2. Lab reports
3. Final Exam
4. Fitness Testing
5. Outside Reading Assignment
6. Personal Fitness Maintenance And Management

Evaluation: The final grade will be based on:

| | |
|---------------------------|------------------------|
| 4 Labs – 25 pts. | 100 pts./ 35% of grade |
| Reading assignment | 25pts./9.5% |
| Final exam | 100 pts./ 35% |
| 2 Fitness Testing-15 pts. | 30 pts./ 11% |
| *Fitness Improvement | 25 pts./ 9.5% |

*Because cardiovascular and body composition measures play a significant role in health status, fitness improvement will be based on those two parameters.

Positive change= 25 pts. No change= 12.5 Negative change= 0 pts.

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|-----------|----------|----------|
| 280 - 252 | A | 100 - 90 |
| 251 - 224 | B | 89 - 80 |
| 223 - 196 | C | 79 - 70 |
| 195 - 168 | D | 69 - 60 |
| 167 ↓ | F | 59 ↓ |

***All assignments must be **TYPED** and handed in on the day that it is **DUE**. All tests must be taken on the day that the test is posted. **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 the student's responsibility to make arrangements with Dr. Sherman one class period before the day that will be missed.

HONOR CODE: Students are expected to adhere to the honor code with reference to all matters relating to the evaluative process of this course. Any violation of Oxford College's HONOR CODE will not be tolerated.

Class Attendance: Each student is required to come to class. **Each student will be allocated four days (two weeks) whether EXCUSED OR UNEXCUSED to miss class. Each additional absence will result in -5 PTS. to the final point total. If the student has accumulated a total of 7 absences (four weeks) 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, and school functions, Dr. Sherman must be notified before missing class. Afterwards, authentic documentation must be provided to Dr. Sherman on the first day back to class. There will be no exceptions. **This does not mean you are allowed more than 4 excused or unexcused absences.**

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

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| Classroom etiquette: | <p>NO devices that allow communication via phone, pager, text message, e-mail, etc. are permitted in class. Such device seen or used during class will become the property of Dr. Sherman for the class period. Reoccurring problems will result in disciplinary action as stated in the Oxford College student Handbook. If such communication is needed during class please notify Dr. Sherman prior to class. If you have questions or do not understand please see Dr. Sherman for clarification.</p> <p>At Dr. Sherman's discretion any behavior that disrupts class or is offensive will not be tolerated and will lead to disciplinary action as stated in the Oxford College student Handbook.</p> |
| Dress Code: | <p>As a college student, you are responsible to present yourself in a professional manner. Pants/shorts should not be worn were the undergarments are exposed. Shirts should not represent any negative propaganda. On activity days you are required to dress appropriately (No jeans, dress shoes, sandals, etc.)</p> |
| Important Information: | <p><u>Reasonable accommodation for students with writing deficiencies:</u> 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.</p> <p><u>Reasonable accommodation for students with disabilities:</u> 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.</p> <p><u>Reminder:</u> Class activities may include vigorous activities. If you have any medical condition or physical problems to prevent you from full participation in such activity, 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 you meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016).</p> |
| Important Dates: | <p>September 5- Labor day Holiday September 7- Last day to change courses October 5- Last day to drop a course without academic penalty October 10-11 – Fall Break October 31- November 4 – Pre-registration for Spring 2006 November 23-25 – Thanksgiving Holiday December 12-13- Final Exam on last day of Class</p> |

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Course Calendar

| September | |
|------------------|--|
| 1 | Syllabus-Course Introduction |
| 6 | Weight room orientation |
| 8 | Fitness Testing |
| 13 | Fitness Testing |
| 15 | Pre Test |
| 20 | ACSM Article/ Assignment due |
| 22 | ACSM |
| 27 | Activity |
| 29 | Activity |
| October | |
| 4 | Lecture-Cardiovascular Fitness |
| 6 | Lab #1 |
| 11 | Fall Break-No Class |
| 13 | Out of Class Assignment (Flexibility PP on BB) |
| 18 | Lab #1 Due/Activity |
| 20 | Lecture-Muscular Fitness |
| 25 | Lab #2 |
| 27 | Activity |
| November | |
| 1 | Lab #2 Due/ Activity |
| 3 | Body Composition Lecture |
| 8 | Lab # 3 |
| 10 | Activity |
| 15 | Lab #3 Due/ Activity |
| 17 | Nutrition Lecture |
| 22 | Activity |
| 24 | T-Day No Class |
| 29 | Lab # 4 |
| December | |
| 1 | Activity |
| 6 | Lab #4 Due |
| 8 | Review |
| 13 | Final Exam |

- All dates and activities are subject to change. Instructor will give proper notice of such change(s).
- Dress out on activity and lab days.