

THE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 106 Aerobic Movement

Instructor: Ms. Gayle Doherty
Class Time: T-Th 2:30 – 3:45

Office: Gym 103 H
Phone: 4-8354

Office Hours
Monday/Wednesday/Friday – 9:30 – 10:30
Tuesday/Thursday - 1:00 – 2:00
Also by appointment

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity, which is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

COURSE DESCRIPTION: This course is a survey of health and fitness topics with a focus on cardiovascular training. Related topics will include flexibility, strength training, injury, stress management, nutrition and weight control.

COURSE OBJECTIVES: Students will:

1. Practice cardiovascular training by participating in aerobic workouts inside and outside of class.
2. Develop an understanding of basic health and fitness information.
3. Develop an understanding of selected exercise risk reduction habits.

TEXT: Fitness & Wellness – fourth edition – Werner W. K. Hoeger and Sharon A. Hoeger

DRESS: Aerobic shoes or cross trainers are important for this class. Clothing should be nonrestrictive and appropriate for the classroom. Failure to conform to the dress code will result in a penalty absence.

COURSE REQUIREMENTS AND GRADING SYSTEM:

A = 90 - 100 B = 80 - 89.9 C = 70 - 79.9 D = 60 - 69.9 F = Below 59.9

20%	Test Questions	Students will submit a set of test questions with answers for each set of readings throughout the semester
15%	Midterm Exam	a written exam on all material covered before midterm
10%	Practical	an evaluation of body alignment and exercise technique
10%	Homework	a record of exercise homework sessions
15%	Final Exam	a written exam on all material covered since the Midterm Exam
30%	Participation	an evaluation of daily participation throughout the semester

*** See attached attendance policy ***

The Oxford College Honor Code applies and is respected in this class. All work must be submitted truthfully and must be each student's own work

PE 133 ATTENDANCE POLICY - Tuesday/Thursday

ATTENDANCE: You are responsible for what is covered in every class. Two absences are permitted without penalty. In a case of minor illness a sedentary assignment will be available for you to do in class.

LATE ARRIVALS: Late arrivals will be recorded and if repeated will result in a grade penalty or the loss of the benefit of the doubt (see below). If class has started then I have taken attendance and you are responsible for correcting your attendance record with me after class.

BENEFIT OF THE DOUBT: If you have followed the attendance policy and the course expectations (this includes punctuality and effort) and you are on the borderline between one grade and another I will assign you the higher grade. If you do not have such a worthy record you will have lost the benefit of the doubt and will receive a grade based on your average no matter how close it is to the higher grade.

RELIGIOUS HOLIDAYS: Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday.

EXTENUATING CIRCUMSTANCES: If you find yourself in an extenuating circumstance it is your responsibility to make an appointment with me as soon as possible to discuss your situation. I will want to know how you have used each of the two absences you have been given. There are no excused absences beyond the two that are provided but make-up work may be offered at my discretion. I will not offer make-up work if too much time has passed between your absence(s) and our meeting. If you have a physical situation that requires an adapted syllabus it is essential that you provide specific information from a medical professional immediately explaining what activities are prohibited and what you are still physically able to do.

ATTENDANCE GRADE: 30% of your grade will be based on participation. Students who do not miss more than two classes will receive 30 points for participation. All other absences will result in a penalty, which will increase with each absence.

3 absences	4 point penalty	$30 - 4$	= 26 out of 30 (can make an A)
4 absences	8 point penalty	$30 - 4 - 8$	= 18 out of 30 (can make a B)
5 absences	12 point penalty	$30 - 4 - 8 - 12$	= 6 out of 30 (can make a C)
6 or more absences			= 0 out of 30

PE 106 Aerobic Movement

Calendar and Reading List

Tuesday/Thursday

Doherty 4-8354

- Thurs. 9/6 Heart Rate
- Tues. 9/11 Chapter 3 – pages 47 – 55 (up to Muscular Strength and Endurance)
- Thurs. 9/13 Chapter 3 – pages 55 – 60 (up to Muscular Flexibility)
- Tues. 9/18 Chapter 3 – pages 60 – 66
- Thurs. 9/20 Chapter 1 – pages 1- 10 (up to Surgeon General's Report)
- Tues. 9/25 Chapter 1 – pages 10 - 19
- Thurs. 9/27 Practical Outline (handout)
- Tues. 10/2 Cardiorespiratory System (handout)
- Thurs. 10/4 Chapter 2
Pages 21 – 24 (up to 1.5-Mile Test)
Pages 27 – 28 Muscular Strength and Endurance (up to Muscular Endurance Test)
- Tues. 10/ 9 Chapter 2
Page 32 – Muscular Flexibility (up to Assessment of Flexibility)
Pages 36 - 37 (up to Assessment of Body Composition)
Pages 42 – 45 Body Mass Index, Waist-to-Hip Ratio, Effects of Exercise and Diet on Body Composition
- Thurs. 10/11 Vocabulary and Physiological Changes (handout)
- Tues. 10/16 Fall Break! No Class
- Thurs. 10/18 TBA - **PRACTICAL**
- Tues. 10/23 TBA
- Thurs. 10/ 25 **MIDTERM – no workout**
- Tues. 10/30 Chapter 5 – Pages 93 – 102 (up to Nutrient Supplementation)
- Thurs. 11/1 Chapter 5 – Pages 102 - 112
- Tues. 11/6 Chapter 6 – Pages 113 – 119 (Up to exercise: the Key to Successful Weight Management)
- Thurs. 11/8 Chapter 6 – Pages 119 127

Tues. 11/13 Chapter 7 – Pages 133 – 143 (up to Coping with Stress)

Thurs. 11/15 Chapter 7 – 143 - 150

Tues. 11/20 Chapter 8 – Pages 151 – 164 (up to Guidelines for Cancer Prevention)

Thurs. 11/22 Thanksgiving Break! No class.

Tues. 11/27 Chapter 8 - Pages 164 - 175

Thurs. 11/29 Chapter 9 – Pages 177 – 187 (up to Special Considerations for Women)

Tues. 12/4 Chapter 9 – Pages 187 - 199

Thurs. 12/6 TBA

Tues 12/11 **Final Exam**