

**THE DIVISION OF PHYSICAL EDUCATION AND DANCE**  
**PE 106 Aerobic Movement**

**Instructor: Ms. Gayle Doherty**  
**Class Time: M-W-F 10:40 – 11:30**

**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 – Monday/Wednesday/Friday

**ATTENDANCE:** You are responsible for what is covered in every class. Three 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 three absences you have been given. There are no excused absences beyond the three 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 three classes will receive 30 points for participation. All other absences will result in a penalty, which will increase with each absence.

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

## PE 106 Aerobic Movement

**Calendar and Reading List                      Monday/Wednesday/Friday                      Doherty 4-8354**

Fri. 9/7	Heart Rate
Mon. 9/10	Workout
Wed. 9/12	Chapter 3
Fri. 9/14	Workout
Mon 9/17	Workout
Wed. 9/19	Chapter 1
Fri. 9/21	Workout
Mon. 9/24	Workout
Wed. 9/26	Practical Outline (handout)    Cardiorespiratory System (handout)
Fri. 9/28	Workout
Mon. 10/1	Workout
Wed. 10/3	Chapter 2 Pages 21 – 24 (up to 1.5-Mile Test) Pages 27 – 28 Muscular Strength and Endurance (up to Muscular Endurance Test) 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
Fri. 10/5	Workout
Mon 10/8	Workout
Wed. 10/10	Vocabulary and Physiological Changes (handout)
Fri. 10/12	Workout
Mon. 10/15	Fall Break! No Class
Wed. 10/17	Workout
Fri. 10/19	<b><u>PRACTICAL</u></b>

Mon. 10/22	TBA
Wed. 10/24	<b><u>MIDTERM – no workout</u></b>
Fri. 10/26	Workout
Mon. 10/29	Workout
Wed. 10/31	Chapter 5
Fri. 11/2	Workout
Mon. 11/5	Workout
Wed. 11/7	Chapter 6
Fri. 11/9	Workout
Mon. 11/12	Workout
Wed. 11/14	Chapter 7
Fri. 11/16	Workout
Mon. 11/19	Workout
Wed. 11/21	Thanksgiving
Fri. 11/23	Thanksgiving
Mon. 11/26	Workout
Wed. 11/28	Chapter 8
Fri. 11/ 30	Workout
Mon. 12/3	Workout
Wed. 12/ 5	Chapter 9
Fri. 12/7	TBA
Mon. 12/10	<b><u>Final Exam</u></b>