

OXFORD COLLEGE
Course syllabus

Division: Physical Education and Dance
Course Number: PE 102
Course Title: Fitness Walking
Phone: 770-784-8354
E-mail: tsherma@learnlink.emory.edu

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: This course is designed for the student who desires low impact cardiovascular fitness. Health concepts range from nutrition to cardiovascular fitness. Students will develop an individual power walking program to meet their individual physical activity goals.

Text: **No Text**

Technology Competencies:

All projects and assignments for this course must be done using word procession, 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. Identify different techniques to ensure walking pace and training intensity.
2. Describe and Discuss Important Factors to Optimal Nutrition for Performance and Health-Related Physical Fitness.
3. Perform different walking gaits.
4. Improve mile walk time.
5. Identify and discuss safety tips conducive to participating in a successful fitness walking program.
6. Successfully continue their own personal fitness walking program and know how to adapt when life schedule changes.

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., walking, stretching, lifting weights, circuit routines, etc.).

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

1. Outside walking routine.
2. Final Exam
3. Outside Reading Assignment
4. Personal Fitness Maintenance And Management

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***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.

Evaluation: The final grade will be based on:

Participation	92 pts [≥ 69 pts or (75%of class time)]
1 In class walking step count	
2 Outside class walking step count	
3 Reading assignments	Must complete and hand in on time
4 Final exam	Must take and earn $\geq 75\%$

Your Grade: To earn an "A" in PE 100 you must:
Successfully complete all 3 assignments (see 1 2 3 above)
 ≥ 69 participation points
Score an A, B, or C on the final

To earn a "B" in PE 100 you must:
Successfully complete all 3 assignments (see 1 2 3 above)
 ≥ 69 participation points
Score "D" on the final

To earn a "C" in PE 100 you must:
Failure to successfully complete 1 out of 3 assignments (see 1 2 3 above)
 ≥ 69 participation points
Score an "F" on the final

To earn a "D" in PE 100 you must:
Failure to successfully complete 2 out of 3 assignments (see 1 2 3 above)
68-64 participation points
Score a "D" on the final Exam with the combination of failure to complete any of three assignments (see 1 2 3 above)

To earn an "F" in PE 100 you must:
Failure to successfully complete all 3 assignments (see 1 2 3 above)
 ≤ 63 participation points
Score a "F" on the final Exam with the combination of failure to any of three assignments (see 1 2 3 above)

Participation points are as follows:

- 4 pts. Actively participating in class.
- 3 pts. Show up late (i.e., 5-10-minutes of class) and actively participate during class.
- 2 pts. Show up late (i.e., 11-25 minutes) and actively participate during class.
- 1 pt. Show up and do not actively participate in class (i.e., sleeping, not performing the necessary activities of the class, disrupting class)
- 0 pts. No participation at all or show up after 26 minutes of class.

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: No attendance policy, however it is expected and recommended.
**If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services.

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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.

**Classroom
etiquette:**

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.
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.

Dress Code:

As a college student, you are responsible to present yourself in a professional manner. Pants/shorts should not be worn where 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.)

**Important
Information:**

Reasonable accommodation for students with writing deficiencies:
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.

Reasonable accommodation for students with disabilities: 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.**

Reminder: 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).

Important Dates:

January 23- Last day for changing course.
February 21- Last day to drop without academic penalty
March 12-16- Spring Break
March 27-29- Pre-registration for Fall 2007
April 31-May 1- Final Exam on last day of Class
May 12- Commencement

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January	
18	Syllabus/ Course Introduction
23	Fitness testing
25*	Fitness Testing
30*	Walk
February	
1*	Walk
6*	Walk
8	Conference-NO CLASS
13*	ACSM
15*	ACSM assignment due
20*	Walk
22*	Walk
27*	Walk
March	
1*	Walk
6*	Walk
8*	Assignment due
13	Spring Break
15	Spring Break
20*	Walk
22*	Walk
27*	Walk
29*	Assignment Due
April	
3*	Walk
5*	Walk
10*	Walk
12*	Walk
17*	Walk
19*	Fitness Test
24*	Fitness test
26	Review
May	
1	Final Exam-Class Time

- All dates and activities are subject to change. Instructor will give proper notice of such change(s).
*Dates/days that participation points are available.