

**OXFORD COLLEGE OF EMORY
UNIVERSITY**

Department of Physical Education, Athletic
and Recreation

Course Syllabus

Tu & Th 11:30-12:45

PE _OX 103-11J (4617)

Weight/Training/Jogging

1 CREDIT HOUR

Instructor: Coach Gregory Moss-Brown

Office Location: Williams Gymnasium

Office Hours: MW 10-12, Alt times by appt.

Telephone: 770-784-4672

Email: mossbrown@emory.edu

COURSE DESCRIPTION: This course is designed to provide students with an understanding of running/jogging as a way to develop and maintain cardiovascular and aerobic fitness as well as developing a healthy and sustainable physical active lifestyle.

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

1. Identify the components of physical fitness.
2. Assess and evaluate ones present physical fitness status.
3. Improve and maintain personal fitness.
4. Learn and identify the importance of nutrition and psychology in relation to running.
5. Understand the kinesiology of running

Value Awareness: Throughout the course the students are challenged to question the bases for running and physical fitness as having an impact on individual, the family, the community and society in general. The student is encouraged to examine others values and their own in the application of jogging as a multicultural lifetime fitness activity.

Instructional Activities and Methodology:

Developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunity to improve their cognitive knowledge, motor skills, and personal health and wellness from classroom lectures, discussions, visual aids, and a variety of running assignments

TEXT: There is no required text for this course. Handouts and web links will be provided by the instructor during the semester to supplement class lectures.

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PE _OX 103-11J

Weight Training/Jogging

1 CREDIT HOUR

Instructor: Coach Roderick Stubbs

Office Location: Williams Gymnasium

Office Hours: MW 2-3, Tues-Thurs 9-10, all other times by appt.

Telephone: 770-784-4633

Email: roderick.stubbs@emory.edu

COURSE DESCRIPTION: This course is designed to increase the students' knowledge and appreciation of Weight training. Physiological basis of weight training. Skeletal muscle anatomy and physiology. A variety of weight training programs will be used to increase muscular fitness.

OBJECTIVES: Upon completion of the course the student will be able to:

1. Explain the physiological basis of weight training.
2. Define, understand, and implement weight training principles and regimens.
3. Compare and Contrast the Risks and Benefits of Performance and Health Related Physical Fitness Training associated with specific Age, Gender, and ethnic Populations.
4. Define and describe the psychological impact of aging within male and female populations.

Value Awareness: Throughout the course the student are challenged to question the bases for weight training and physical fitness as an impact on individual, the family, the community and society in general. The student is encouraged to examine other values and their own values in the application of international and multicultural lifetime fitness activities.

Instructional Activities and Methodology:

Developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunities in classroom lectures, discussions, visual aids, and a variety of weight room exercise sessions to improve their cognitive knowledge, technique, and personal health and wellness.

Evaluation:

Written Exams (20%)

Assignments (20%)

*Participation/Attitude/Attendance/Dress
(40 %)*

**Research Paper (10%)
Final Exam (10%)**

Grading Summary:

**A=92.0–100
A-= 90.0-91.9
B+=88.0–89.9
B=82.0-87.9
B-=80.0–81.9
C+=78.0–79.9
C=72.0-77.9
C-=70.0-71.9
D+=68.0-69.9
D=60.0–67.9
F=0 – 59.9**

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

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Performance goals and student expectations:

Assignments: Each student will demonstrate knowledge of the subject through written and/or oral examinations and skills test. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are not acceptable unless excused by instructor. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and English.

If you are going to be absent on assignment due dates or test days, it is the student's responsibility to make arrangements with Coach Moss-Brown one class period before the day that will be missed.

In case of death (in the family), severe illness, and school functions, Coach Moss-Brown must be notified before missing class. Afterwards, authentic documentation must be provided to Coach Moss-Brown on the first day back to class. There will be no exceptions.

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