

A developmental and systematic approach will be employed for teaching this course. Students will be provided with the learning opportunities in the form of discussion, visual aids, literature reviews, individual projects and a variety of exercise session and activities to improve their cognitive knowledge, motor skills, and personal health and wellness.

Evaluations:

A. Written Exams: (40%) 400 points

1. Chapter 1-3: 100
2. Chapter 4-6: 100
3. Chapter 8-10: 100
- (The lowest exam grade will be dropped)
4. Final exam: 200

B. Personal fitness program design: (10%) 100 points

You will design a seven-week personal fitness program according to Chapter 7 and lectures. It should focus on one main activity and add more depending on your own capability and time. It needs to be 3-5 pages long and typed. The deadline for the paper is **March 16, 200**.

C. Fitness Pre-Post test: (10%) 100 points

You are required to participate and pre and post fitness tests and each test will be rewarded 50 points.

D. Fitness Improvement: (10%) 100 points

Improvement =100, No Change=75, Decrease= 0

E. Participation and Motivation (30 %) 300 points

Thirty percent of students' final grade will be based on their attendance and participation. Students will earn **200 points** toward their final grade if they do not miss more than **three (3)** classes. Students will earn **100 points if they are motivated and actively participating all of the activities of the class** (it is my subjective evaluations to each student).

F. Grading Summary:

A=900 – 1000 B=800 – 890 C=700 – 790 D=600 – 690 F=0 – 590

Class Attendance Policy:

- A. You are expected to attend the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. The Maximum **two (2)** absences (one-week class) will be allowed without penalty for the semester. **These two allowances are only to be used for illness and emergencies. There are no UNEXCUED absences in this**

class. It is strongly suggested that you communicate with me before and after you miss the class for whatever the reason you have.

- B.** After 2 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted for the next two absences, and 100 points will be deducted from the Fifth absence and after.**
- C.** Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D.** Students are expected to come to the class on time. If you arrive after roll-call, you are late. You are allowed to be late two times. After two times, **10 points will be deducted automatically from each tardy.**
- E.** Under the special circumstances, I may give opportunities to let a student to make his/her absences if I consider the absences to be reasonable for example, family emergency and accident etc. The student must give me the solid reasons why he/she misses each class.

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

General Requirements and Information

- A.** No food, drinks, or gum chewing is allowed.
- B. Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C.** Try not to wear jewelry and glasses worn should be secured.
- D. Attention:** Class activities may include vigorous exercises. 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 (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

Text Book:

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

PE 100 Health Conditioning MW Class Calendar, Spring 2007

Week	Day	Date	Activities
1.	W	1/17	Syllabus and course Introduction
2.	M	1/22	Introduction and Pre-fitness test
	W	1/24	Lecture 1-2, Jogging and activities
3.	M	1/29	Lecture 2-3, Jogging and activities
	W	1/31	Lecture 2-3, Jogging and activities
4.	M	2/5	Lecture 3, Jogging and activities
	W	2/9	Written Exam 1 (Chapter 1-3), Weight Training
5.	M	2/12	Lecture 4, Jogging and Weight Training
	W	2/14	Lecture 4-5, Jogging and activities
6.	M	2/19	Lecture 5-6, Jogging and activities
	W	2/21	Lecture 5-6, Jogging and activities
7.	M	2/26	Lecture 6, Jogging and activities
	W	2/28	Written Exam 2 (Chapter 4-6), activities
8.	M	3/5	Lecture 7, Jogging and activities
	W	3/7	Lecture 7-8, Jogging and activities
9.	M	3/12 to 18	Spring Break!!!
10.	M	3/19	Lecture 7-8, Jogging and activities
	W	3/21	Lecture 8-9, Jogging and activities
11.	M	3/26	Lecture 8-9, Jogging and activities
	W	3/28	Lecture 9-10, Jogging and activities
12.	M	4/2	Lecture 9-10, Jogging and activities
	W	4/4	Lecture 10, Jogging and activities, Due Date for Personal Fitness Plan!!!
13.	M	4/9	Lecture, Jogging and activities
	W	4/11	Written Exam 3 (Chapter 7-10)
14.	M	4/16	Review session, Jogging and activities
	W	4/18	Review session, Jogging and activities
15.	M	4/23	Post Fitness Test
	W	4/25	Final Exam Review
16.	M	4/30	Final Exam

All dates and activities are subject to change. Instructor will give proper notice of such change(s).