

PE 106 Aerobic Movement
Office: Gymnasium Trailer

Gayle Doherty
Phone: 4-8354

Office Hours
Monday/Wednesday/Friday – 11:00 – 12:00
Tuesday/Thursday – 1:00 – 2:00
Also by appointment

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: Aerobic Movement (second edition) - Dr. Richard Shappell

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

25%	Midterm	a written exam on the material covered before the midterm
10%	Practical	an evaluation of body alignment and exercise technique
10%	Homework	a record of exercise homework sessions
25%	Final	a written exam on the material covered in class after the Lab Quiz
30%	Participation	an evaluation of daily participation throughout the semester

*** See attendance policy on the back of this syllabus ***

The Oxford College Honor Code applies and is respected in this class.



PE 106 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 an alternate 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 already taken attendance and you are responsible for correcting your attendance record with me after class.

BENEFIT OF THE DOUBT: If you have followed the course expectations 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 you are to the higher grade.

RELIGIOUS HOLIDAYS: Religious holidays approved by Emory University 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. 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.

PARTICIPATION GRADE: 30% of your grade is based on participation. I will determine this grade with the following method. At the end of the semester the number of days this class has met will establish the point scale. Points will be deducted at an increasing rate for every class missed above the three permitted. These penalty absences will result in an increasing loss of points for each one at the rate of 2, 4, 6, 8, 10 and so on.

EXAMPLE: If at the end of the semester we have met 37 days the point scale will be 37. If a student has missed 8 classes:

8 minus the 3 permitted = 5 penalty absences (points will be deducted for these absences)

Point scale of 37 (-2, -4, -6, -8, -10) = 7 points

A conversion formula will determine the final 30% participation grade

$$\frac{7}{37} \times \frac{30}{1} = \frac{210}{37}$$

210 divided by 37 = 5.6

This student will receive 5.6 out of 30 on Participation.

Please note that this automatically gives the student a C (75.6) before any other grades are factored in. When students miss this many classes it is usually reflected in their other grades as well.

PE 106 Aerobic Movement

Calendar and Reading List

M/W/F

Doherty 4-8354

In general Wednesdays will be lecture days but students should always dress for exercise. We will frequently finish talking before class time is over in which case we will do floor exercises.

W 8/30	
F 9/1	Walk
M 9/4	Labor Day
W 9/6	Walk – Last Day to Drop/Add
F 9/8	Paperwork - Introduction - Ch. 1
M 9/11	Workout
W 9/13	Flexibility - Ch 2
F 9/15	Workout
M 9/18	Workout
W 9/20	Practical Outline - Ch 3
F 9/22	Workout
M 9/25	Workout
W 9/27	Ch 4, 5 & 6
F 9/29	Workout
M 10/2	Workout
W 10/4	Ch 7 – Last Day to Drop without a Grade Penalty
F 10/6	Workout
M 10/9	Workout
W 10/11	Workout - Review
!!! F 10/13	<u>MIDTERM</u>
M 10/16	Midterm Break
W 10/18	Workout
!!! F 10/20	<u>PRACTICAL</u>
M 10/23	Workout
W 10/25	Stress
F 10/27	Workout
M 10/30	Workout
W 11/1	Ch 8 & 9
F 11/3	Workout
M 11/6	Workout
W 11/8	Ch 10 & 11
F 11/10	Workout
M 11/13	Workout
W 11/15	Nutrition
F 11/17	Workout
M 11/20	Workout
W 11/22	Thanksgiving
F 11/24	Thanksgiving
M 11/27	Workout
W 11/29	Weight Control
F 12/1	Workout
M 12/4	Workout
W 12/6	Strength & Training & Injury
F 12/8	Workout - Review
!!! M 12/11	<u>FINAL EXAM</u>

!!! test dates

Aerobic Movement Homework Form

Doherty

Length of Workout _____ Heart Range _____

Activity _____

Comments _____

Honor Signature _____ Date _____

(cut here)

Aerobic Movement Homework Form

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Length of Workout _____ Heart Range _____

Activity _____

Comments _____

Honor Signature _____ Date _____

(cut here)

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Length of Workout _____ Heart Range _____

Activity _____

Comments _____

Honor Signature _____ Date _____

Aerobic Movement Homework

Monday/Wednesday/Friday

Doherty

Attached are homework slips for the entire semester. Cut the sheets into 6 strips. Turn in one slip on each due date. Each due date will be followed by a grace period after which slips will not be accepted. Each strip should represent two 30 minute workouts. (one per week) Homework may be fulfilled by any aerobic or interval activity that begins with a warm-up, continues for at least 20 minutes in your target heart range and is followed by a cool-down.

Homework slips are Due on:

- #1 Friday, September 29
- #2 Friday, October 13
- #3 Friday, October 27
- #4 Friday, November 10
- #5 Monday, November 27
- #6 Friday, December 8

Past Due and will not be accepted after:

- #1 Monday, October 2
- #2 Wednesday, October 18
- #3 Monday, October 30
- #4 Monday, November 13
- #5 Wednesday, November 29
- #6 Monday, December 11

Homework will count for 10% of your grade.

Grading scale:

12 = 100	8 = 66.6	4 = 33.3
11 = 91.6	7 = 58.3	3 = 25
10 = 83.3	6 = 50	2 = 16.6
9 = 75	5 = 41.6	1 = 8.3

Like all academic work at Oxford College, homework slips are submitted under the honor code.