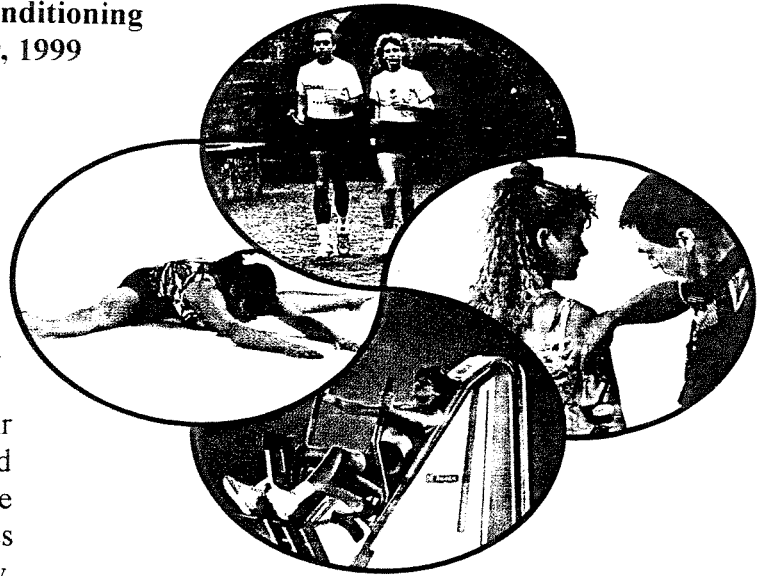


**OXFORD COLLEGE OF EMORY UNIVERSITY**  
**Division of Physical Education & Dance**  
**PE 100 Health/Conditioning**  
**Fall Semester, 1999**

Instructor: Nebojsa Nash Toskovic  
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**I. Course Description**

This course is designed for students interested in learning about the benefits of physical activity and positive life style habits as means to promote better health. Students will learn how to take control of their personal health habits to insure a better, healthier, and more productive life. Course will cover basic exercise physiology, health-related fitness, nutrition, and stress management. In this class enhanced cardiorespiratory endurance is the primary goal and is achieved, for the most part, through variety of activities (with jogging being the predominant one). All participants in the course will be assessed on their fitness status at the beginning and at the end of exercise program.



**II. Text**

Lifetime Physical Fitness and Wellness – A Personalized Program, Hoeger & Hoeger, fifth edition.

**III. Dress**

Students are required to wear running shoes and socks. Students are further urged to wear loose fitting shirts and shorts. Shirts are to be worn at all times.

**IV. Objectives**

After successful completion of this course the student will be able to understand and demonstrate:

- A. Historical and contemporary perspectives of exercise in the USA.
- B. Medical aspects of exercise, place and potentials of exercise in promoting personal health and prevention of the most common diseases.
- C. Physical activity, exercise, physical fitness, health-related, and skill-related components of physical fitness.
- D. Components and physiology of cardiovascular system, heart disease.
- E. Cardiorespiratory endurance assessment, and principles of cardiorespiratory prescription.
- F. Acute and chronic effects of aerobic exercise.
- G. Muscular strength and endurance assessment and basic principles of strength exercise.
- H. Physiological effects of anaerobic exercise.
- I. Flexibility assessment and principles of flexibility exercise.
- J. Body composition and principles of weight control.
- K. Nutrition and performance

- L. Stress management.
- M. A personal strategy in choosing the appropriate exercise program for future practices according to individual potential and goals.

#### **V. Course Requirements and Student Responsibilities**

To attend and actively participate to the best of your abilities in all class activities. Students are expected to attend all classes. Two (2) unexcused absences will be allowed. Each additional absence without consent of the instructor will result in your final grade being dropped by half a letter grade.

#### **VI. Criteria/Grade**

1. Attendance/ Participation - 20%
2. Two announced quizzes – 10%
3. Midterm exam - 20%
4. Measurable factors of fitness – completion of fitness tests and analysis of personal scores (pre-post training) - 20%.
5. Final exam - 30%.

#### **VII. Grading**

A = 89 - 100  
B = 79 - 88  
C = 70 - 78  
D = 60 - 69