

OXFORD COLLEGE of Emory University
Division of Physical Education and Dance
PE 106 Aerobic Movement

Instructor: Ms. Jane Hoffmeyer

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Office Hours: Monday/Wednesday: 1:40—2:30

Tuesday/Thursday: 11:00—11:30; 2:15—2:45

Friday: 9:00—9:30

***or by appointment**

Office: Gym 103 H

Fax: 770-784-4677

Course Description:

This course is designed to improve the student's level of cardiorespiratory fitness through various types of aerobic activities. The course will also include several health and fitness topics. The topics of cardiorespiratory endurance, flexibility, strength training, stress management, nutrition, and body composition will be covered.

Goals of the Course:

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

1. Calculate target heart rate range.
2. Identify the components of physical fitness.
3. Assess and evaluate current level of physical fitness.
4. Demonstrate improvement in cardiorespiratory fitness.
5. Explore a variety of exercise programs.
6. The importance of nutrition as it relates to physical fitness.
7. Evaluate nutrition in current eating habits.
8. Improve and maintain personal fitness.

Course Content:

1. Class orientation and introduction
2. The importance of physical fitness
3. Assessment of physical fitness
4. Cardiorespiratory fitness
5. Muscular strength and endurance
6. Flexibility
7. Body Composition
8. Nutrition
9. Stress management

Text: Fitness and Wellness, Werner W.K. Hoeger and Sharon A. Hoeger, Wadsworth Publishing (5th edition).

Dress:

Clothing should be nonrestrictive and appropriate for the classroom. Athletic shoes are required. Aerobic shoes or cross trainers are recommended. Failure to conform to the dress code will result in a penalty absence.

Attendance policy:

Attendance: Students are responsible for what is covered in every class. Three absences (for MWF classes) and two absences (for TTH classes) are permitted without penalty. In case of a minor illness a sedentary assignment will be available for you to do in class. If this is necessary beyond one class you should make an appointment to discuss the situation with the instructor.

Late arrivals: It is expected that students will arrive for class on time. Late absences will be recorded as such and if excessive may result in a reduction of points from the student's final grade.

Religious holidays: Religious holidays approved by the college 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: Regarding your attendance grade (30%), 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. I will want to know how you have used each of the two (TTH) or three (MWF) absences (1 week of classes) you have been given. All absences should be for valid reasons. There are no excused absences beyond the two or three that are provided but make-up work may be offered at my discretion. The amount of time it takes for you to initiate this meeting will be a consideration in my decision. 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 and what you are still physically able to do. Information can be faxed to me (Jane Hoffmeyer) at 770/784-4677.

Attendance Grade:

Students who do not miss more than 2 (TTH) or 3 (MWF) classes will receive the entire 100 points for participation (participation is 30% of the grade). All other absences will result in a penalty of 10 points per occurrence.

Honor code:

Students are expected to adhere to the Oxford College Honor Code with reference to all matters relating to the evaluative process of this course.

Course Evaluation:

A = 90-100 B = 80 – 89.9 C = 70 – 79.9 D = 60 – 69.9 F = Below 59.9

A. Written Exams: (40%)

- | | |
|----------------|-----|
| 1. Chapter 1-3 | 10% |
| 2. Chapter 5-6 | 10% |
| 3. Chapter 7-8 | 10% |
- The lowest grade will be dropped

- | | |
|---------------|-----|
| 4. Final Exam | 20% |
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B. Participation: (30%)

There will be an evaluation of daily participation throughout the semester. Refer to the attendance policy (above) for the amount of points deducted if the number of allotted absences is exceeded.

C. Exercise Journal: (10%)

All students will do a weekly self-analysis of their progress in aerobic conditioning. There will be 13 journal entries and they will count for 10% of your grade. They must be complete and detailed to receive full credit for the assignment.

D. Pre/Post Test—Fitness Improvement: (10%)

All students will participate in a fitness assessment at the beginning and at the end of the semester. It is expected that the student will show improvement by the end of the semester in each area assessed. If improvement is shown, the student will receive the entire 10%, if there is no change 7.5% will be received, and 5% if there is a decrease in fitness level.

E. Nutritional Analysis: (10%)

All students will do a nutritional analysis on their eating habits. Students will keep a three-day food/beverage log. The information from the log will be used to complete the nutritional analysis assignment. A website will be used to complete this assignment: <http://www.fitday.com>. The due date is listed on the class calendar.

PE 106 Aerobic Movement
Fall 2003
Ms. Hoffmeyer
Tuesday/Thursday

TH	8/28	Introduction
T	9/2	Walk
TH	9/4	Target Heart Rate worksheet and Pre-Test
T	9/9	Workout and Lecture-Chapter 1
TH	9/11	Workout and Lecture-Chapter 2
T	9/16	Workout and Lecture-Chapter 2
TH	9/18	Workout and Lecture-Chapter 2
T	9/23	Workout and Lecture-Chapter 3
TH	9/25	Workout and Lecture-Chapter 3
T	9/30	Workout and Lecture-Chapter 3, Nutritional Analysis Due
TH	10/2	Exam 1, Chapters 1-3 and workout
T	10/7	Workout and Lecture-Chapter 5
TH	10/9	Workout and Lecture-Chapter 5
T	10/14	MID-SEMESTER BREAK
TH	10/16	Workout and Lecture-Chapter 5
T	10/21	Workout and Lecture-Chapter 6
TH	10/23	Workout and Lecture-Chapter 6
T	10/28	Workout and Lecture-Chapter 6
TH	10/30	Exam 2, Chapters 5-6 and workout
T	11/4	Workout and Lecture-Chapter 7
TH	11/6	GAHPERD Conference—work out on your own
T	11/11	Workout and Lecture-Chapter 7
TH	11/13	Workout and Lecture-Chapter 7
T	11/18	Workout and Lecture-Chapter 8
TH	11/20	Workout and Lecture-Chapter 8
T	11/25	Exam 3, Chapter 7-8 and workout
TH	11/27	THANKSGIVING BREAK
T	12/2	Post-test
TH	12/4	Review
T	12/9	Final Exam

Adjustments in the calendar may be necessary due to unforeseen circumstances.