

**OXFORD COLLEGE OF EMORY
UNIVERSITY**
CHL
Spring 2016 Course Syllabus
Tu & Th TuTh 10:00AM - 11:15AM
PE_OX 146 - 01J Fitness Running
Topics In Lifetime Activities
Jogging

Instructor: Coach Gregory Moss-Brown

Office Location: Williams Gymnasium

Office Hours: MW 1-3, Alt times by appt.

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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 relationship differences and similarities between biomechanics & kinesiology, cardio respiratory endurance, muscular endurance, motor skill development, speed, power and balance of running
6. Explain the symbiosis between running and other disciplines

Purpose: To learn, discuss, and demonstrate aspects of fitness running including: training components, safety issues, nutrition, and dress.

Cognitive Objectives:

1. Students will gain understanding of nutritional issues related to fitness running.
2. Students will gain insight into proper safety, dress, shoe selection, and common injuries related to fitness running.
3. Students will learn the basics of developing an individual training program.
4. **Students will be required to keep a daily training log for the semester.**
5. Students will experience the social aspects of Fitness 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 fitness running as a multicultural lifetime fitness activity.

Instructional Activities and Methodology:

Ways of inquiry & 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

Evaluation:

All students must show a significant increase in his/her running aerobic fitness. Participation is a must for improvement. All students will be required to complete a 30 minute continuous run by the end of the semester

Final Exams (20%)

In Class Fitness Running & Written

Assignments (60%)

Participation/Attitude/& Dress (20 %)

For each class tardy -5%

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 why I should re-examine your grade. I will not respond to appeals submitted after the 5 day deadline.

Performance goals and student expectations:

Assignments: Each student will demonstrate knowledge of the subject through written and/or oral examinations and class running assignments. Each student will be required to complete test and class assignments on assigned dates. Late materials and make-ups are penalized at 10% per day not turned in. 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 syntax. Assignments are always due electronically prior to the commencement of each class.

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

Text There is no required text for this class.

Participation and safety: Students are encouraged to bring water and must run with at least one other student at all times and carry a cell phone when in the absence of the instructor.

Special Circumstances: If you have any disability that would prevent you from participating in this physical education class, please inform the instructor as soon as possible.