

PE100 Health Conditioning

1-93

Ms. Shirley Darracott, 4B Gym, 4-8309

Course Objectives:

1. Impart knowledge which would assist the student in making informed choices concerning exercise and weight control techniques.
2. Implement an exercise program which could, with modification, be continued for a lifetime.
3. Assess the health-related fitness of each student.
4. Motivate students to value regular physical activity as an integral part to their lifestyles.

Text: *Lifetime Fitness and Wellness: A Personal Choice*, M. L. Williams

Grading:

Attendance: 25%, 1 point earned each class in which the student fully participates. 25 possible points. NO EXCUSED ABSENCES EXCEPT RELIGIOUS HOLIDAYS. (Please communicate with instructor immediately if unusual circumstances cause several consecutive absences.)

Knowledge: 40%, Midterm=20% Final=20% NO MAKE-UPS.

Homework: 35% All homework should be kept in a notebook which will be handed in and checked periodically, and handed in for grading on the class session preceding the final exam.

Lab writeups 15%
Activity log 20%

For a 100 pound person, 1 point earned for each 185 Calories expended in activities that have an energy cost ≥ 3.1 Calories/minute. For a 150 pound person, 1 point for each 260 Calories expended in activities that have an energy cost ≥ 4.7 Calories/minute. For a 200 pound person, 1 point for each 375 Calories expended in activities that have an energy cost of ≥ 6.3 Calories/minute. The comparable energy cost for other body weights is listed in the text. To determine the Calories expended for 1 point, multiple the comparable energy cost for the selected body weight by 60. A maximum of 2 points earned per activity session. Intramural participation will count double (have the intramural supervisor initial your activity log). When exercising on campus, have the gym supervisor initial your activity log.

Bonus Points: Student may earn up to 8 bonus points by performing the following activities. [Performance standards apply to some activities].

Healthy People 4.0 computer program (1); Oxford Day Road Race, 5K runner (3), 1 mile runner (2), course volunteer (2); Fitness test performance (1 point for each of the following post-tests in which the student scores in the good or excellent categories): 1 min situps, bench press test for endurance, 1.5-mile run or 3-mile walk; Blood cholesterol analysis (1).

Class activities include vigorous exercise. If there is any medical condition that would put a student at undue risk, the student must inform the instructor upon knowledge of the condition.

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