

**THE DIVISION OF PHYSICAL EDUCATION AND DANCE**  
**PE 106 Aerobic Movement**

**Instructor: Ms. Gayle Doherty**  
**Class Time: T-Th 2:30 – 3:45**

**Office: Gym 103 H**  
**Phone: 4-8354**

**Office Hours**  
**Monday/Wednesday/Friday – 9:30 – 10:30**  
**Tuesday/Thursday - 1:15 – 2:15**  
**Also by appointment**

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity, which is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

**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:** Fitness & Wellness – fifth edition – Werner W. K. Hoeger and Sharon A. Hoeger

**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

15%	Test Questions	Students will submit a set of test questions with answers for each set of readings throughout the semester
15%	Test # 1	a written test on chapters 1 & 3
10%	Practical	an evaluation of body alignment and exercise technique
15%	Test #2	a written test on chapters 5 & 6
15%	Test #3	a written test on chapters 7 & 8 (and parts of 9)
30%	Participation	an evaluation of daily participation throughout the semester

\*\*\* See attached attendance policy \*\*\*

The Oxford College Honor Code applies and is respected in this class. All work must be submitted truthfully and must be each student's own work

## PE 106 Aerobic Movement

Calendar and Reading List

Tuesday/Thursday

Doherty 4-8354

Unless announced otherwise we will exercise every day in this class.

T 1/22	Heart Rate – Paperwork
Th 1/24	Workout Only
T 1/29	Chapter 1 – Begin with Page 2 - Physical Activity Versus Exercise – (up to Page 13 - The Path to Fitness and Better Quality of Life) <b><u>5 Questions Due</u></b>
Th 1/31	Chapter 1 – Begin with Page 13 - The Path to Fitness and Better Quality of Life <b><u>5 Questions Due</u></b>
T 2/5	Chapter 2 – Begin with Page 28 - Fitness Assessment Battery – (up to Page 31 - 1.5 mile test) – Page 33 - Muscular Strength and Endurance – (up to Page 34 - Muscular Endurance Test) <b><u>5 Questions Due</u></b>
Th 2/7	Chapter 2 – Page 38 – Muscular Flexibility – (up to Page 39 - Assessment of Flexibility) – Page 42 – Body Composition – (up to Page 44- Assessment of Body Composition) - Page 49 - Body Mass Index – (up to Page 51 - Effects of Exercise and Diet on Body Composition) <b><u>5 Questions Due</u></b>
T 2/12	Practical Outline (handout)
Th 2/14	Cardiorespiratory System (handout)
T 2/19	Chapter 3 – Begin with Page 59 – Cardiorespiratory Endurance – (up to Page 69 – Muscular Flexibility) <b><u>5 Questions Due</u></b>
Th 2/21	Chapter 3 – Begin with Page 69 - Muscular Flexibility – (up to Tips to Enhance Adherence to Exercise) <b><u>5 Questions Due</u></b>
T 2/26	<b><u>Test # 1</u></b>
Th 2/28	Chapter 5 – Begin with Page 103 – (up to Page 115 - Nutrient Supplementation) <b><u>5 Questions Due</u></b>
T 3/5	<b><u>PRACTICAL</u></b> - Chapter 5 - Begin with Page 115 – Nutrient Supplementation – (up to Page 123) <b><u>5 Questions Due</u></b>
Th 3/7	<b><u>Core Survey</u></b>

T 3/12	<b><u>Spring Break</u></b>
Th 3/14	<b><u>Spring Break</u></b>
T 3/19	Chapter 5 – Continued Discussion
Th 3/21	Chapter 6 – Begin with Page 127 – (up to Page 136 – Designing Your Own Weight Loss Program) <b><u>5 Questions Due</u></b>
T 3/26	Chapter 6 - Begin with Page 136 – Designing Your Own Weight Loss Program – (up to Page 142) <b><u>5 Questions Due</u></b>
Th 3/28	Chapter 6 – Continued Discussion
T 4/2	TBA
Th 4/4	<b><u>Test #2</u></b>
T 4/9	Chapter 7 – Begin with Page 151 – (up to Page 159 – Coping with Stress) <b><u>5 Questions Due</u></b>
Th 4/11	Chapter 7 – Begin with Page 159 – Coping with Stress – (up to Page 166) <b><u>5 Questions Due</u></b>
T 4/16	Chapter 7 – Continued Discussion
Th 4/18	Chapter 8 – Begin with Page 169 – (up to Page 184 – Cancer) <b><u>5 Questions Due</u></b>
T 4/23	Chapter 8 – Begin with Page 184 – Cancer – (up to Page 197) <b><u>5 Questions Due</u></b>
Th 4/25	Chapter 8 – Continued Discussion
T 4/30	<b><u>Test # 3</u></b>

