

PREFACE

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions that espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of 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.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.

PE 100 Health Conditioning
(Spring 2003, Tue & Thurs 1:00 to 2:15)

Instructor: Dr. Yang, Guibao
Phone: 770-784-8371,
E-mail: gyang2@learnlink.emory.edu
Office hour: M-F: 11:30 to 12:10pm
 M: 1:40 to 2:40 pm

Office: Gym 103 H
Fax: 770-784-4677
Location: Mezzanine
TTh: 9:20 to 10:00am
 2:15 to 2:45pm

Course Description:

The course offers and provides information necessary to let students gain knowledge and understand the basic exercise science concepts, fitness components, and techniques for developing and maintaining a sound fitness program. It includes a variety of activities such as lectures, discussions, workshops, and exercises etc.

The Goals of the Course

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. Demonstrate how to improve personal fitness.
4. Explore a variety of exercise programs.
5. Learn and identify the importance of nutrition in relation to fitness.
6. Design and develop an individualized physical fitness program.
7. Improve and maintain personal fitness.

Course Content (topics)

- A. Lectures: Class orientation and general introduction; getting fit; creating a healthy lifestyle; starting your own fitness program; cardio-respiratory fitness, muscular strength and endurance; flexibility; body composition; nutrition; becoming a wise consumer; practicing safe fitness.
- B. Class Activity: Jogging will be the main activity. In addition, It will include other activities such as walking, interval, Fartlek, and circuit training, muscular strength and endurance training, and other sport activities.

Instructional Activities and Methodology

A developmental and systematic approach will be employed to the content of this course. Students will be provided with learning opportunities in the form of discussion, visual aids, literature reviews, individual projects and a variety of

exercise session and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

Exams and Grading

A. Written Exams: (40%)

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| 1. Chapter 1-2: | 10% |
| 2. Chapter 4-5: | 10% |
| 3. Chapter 6-8: | 10% |
| (The lowest exam grade will be dropped) | |
| 4. Final exam: | 20% |

B. Personal fitness program design (Based on Chapter 3): (10%)

You will design a five-week personal fitness program according to Chapter 3 and lectures. It should focus on one main activity and add more depending on your own time and ability. It needs to be 2-3 pages long and typed. The deadline for the paper is **Thursday, April 10, 2003**.

C. Fitness Improvement: (10%)

Improvement =10%, No Change=7.5%, Decrease=5%

D. Non-class workouts: (10%)

You are asked to exercise and workout by yourself at your own pace. Each exercise session should be no less than 30 minutes and no less than 2 times each week. The grade is according to how many weeks you do your exercise: 4 weeks=10%, 3 weeks=7.5%, 2 weeks=5%, 1 week=2.5%.

E. Participation (30 %)

About one third of your final grade will be based on participation. Students will gain 30 points toward final grade if they are actively participating classes and do not miss more than three (3) classes.

Attendance Policy

Students are expected to attend class regularly and punctually. Classes will begin promptly at scheduled times, thus tardiness and absences will be counted and considered in your final evaluation.

- A. Maximum **two (2)** absences (one-week class) will be allowed without penalty for the semester. These are to be used for illness, emergencies, weddings, etc.
- B. After 3 absences, each consecutive absence will result deducted points from your participation grade. **5 points will be deducted in Third absence, 7 points in Fourth absence. 10 points will be deducted from Fifth absence there after.**
- C. **Three (3) tardy** will equal to **one class absence**.
- D. You are allowed to make up **One Exam** if you miss it for some reason.

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

General Requirements and Information

- A. No food, drinks, or gum chewing is allowed.
- B. **Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C. Try not to wear jewelry during classes and glasses worn should be secured.
- D. **Attention:** Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

Text Book

Getting Fit Stay Fit. Second Edition, William E. Prentice. Mosby

PE 100 Health Conditioning TTh Class Calendar, Spring 2003

Week	Day	Date	Activities	Assignment
1.	Th	1/16	Introduction	
2.	T	1/21	Lecture and pre-fitness test	Chapter 1-2
	Th	1/23	Lecture and Jogging	Chapter 1-2
3.	T	1/28	Lecture and Jogging	Chapter 1-2
	Th	1/30	Lecture and Jogging	Chapter 1-2
4.	T	2/4	Exam1, Chapter 1-2 and Jogging	
	Th	2/6	No Class, Teacher goes to conference	
5.	T	2/11	Go over Exam 1, Lecture and Jogging	Chapter 4-5
	Th	2/13	Lecture, Jogging, and Weight training	Chapter 4-5
6.	T	2/18	Lecture and activities	Chapter 4-5
	Th	2/20	Lecture and activities	Chapter 4-5
7.	T	2/25	Lecture and activities	Chapter 4-5
	Th	2/27	Exam 2, Chapter 4-5 and Jogging	
8.	T	3/4	Go over Exam 2, Lecture, and activities	Chapter 3
	Th	3/6	Lecture and activities	Chapter 3
9.	M	3/10	Spring Break!!!	
10.	T	3/18	Lecture and activities	Chapter 3
	Th	3/20	Lecture and activities	Chapter 6-8
11.	T	3/25	Lecture and activities	Chapter 6-8
	Th	3/27	Lecture and activities	Chapter 6-8
12.	T	4/1	Lecture and activities	Chapter 6-8
	Th	4/3	Lecture and activities	Chapter 6-8
13.	T	4/8	Lecture and activities	Chapter 6-8
	Th	4/10	Exam 3 and activities (Due date for paper)	
14.	T	4/15	Lecture and activities	Chapter 9-10
	Th	4/17	Lecture and activities	Chapter 9-10
15.	T	4/22	Lecture and activities	Chapter 1-10
	Th	4/24	Final Exam reviewing, Final Fitness Test	Chapter 1-10
16.	T	4/29	Final Exam	