

Health, Conditioning, & Fitness Walking

PE 100, Fall 2014

Instructor: Dave Morris

Course Times: MWF 2:30 – 3:20 pm

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Room: Williams Gym, room 105

Office Hours: M/W 11am – 12pm or by appt.

Course Description

A basic health course incorporating a variety of physical activities to increase individuals' cardiovascular fitness. Health concepts will emphasize personal responsibility for the student's well-being. Fitness walking is for students who need low impact cardiovascular fitness.

Course Objectives

After completing the course, students will be able to:

1. Discuss the benefits of maintaining a regular exercise program
2. Accurately assess their current level of physical fitness
3. Set and work towards accomplishing physical fitness goals
4. Explain the 5 components of physical fitness
5. Recognize safety guidelines and perform proper exercise technique
6. Understand the effect of diet and exercise on overall wellness
7. Perform a variety of activities designed to enhance physical wellness
8. Monitor their personal eating habits for three days and reflect
9. Design and implement a personalized fitness program

Course Content

Unit 1: Introduction to concepts of wellness, physical wellness, and fitness (weeks 1-2)

Unit 2: Low impact cardiovascular options & activities (weeks 3-5)

Unit 3: Developing muscular strength & endurance without specialized equipment (week 6-7)

Unit 4: Basic flexibility principles, low impact fitness, and "warming up" (week 8)

Unit 5: Diet and Nutrition (week 9-10)

Personal Fitness Plan assignment/lecture

Unit 6: Personal wellness in individual & team games (week 11-13)

Unit 7: More multi-dimensional options for physical wellness (Yoga, Tai Chi, etc.) (week 14)

Unit 8: Advanced options in developing physical wellness (week 15-16)

Evaluation

Participation & Attendance.....	40%
Food Diary/Reflection	10%
Fitness Plan.....	20%
Mid-Term Exam (Oct. 6).....	10%
Miscellaneous Assignments.....	5%
Final Exam (Dec. 8).....	15%

Grading Scale

93-100%	A	77-79%	C+	60-62%	D-
90-92%	A-	73-76%	C	Below 60%	F
88-89%	B+	70-72%	C-		
82-87%	B	67-69%	D+		
80-82%	B-	63-66%	D		

Dress Code

Each student must dress in the proper clothing and shoes.

Required Clothing: T-Shirt, Gym Shorts or Sweat Pants – **NO JEANS or DRESS CLOTHES**

Required Shoes: Clean Court Type, Running/Walking, or Cross Training Shoes

Course Notes

- 1) Papers and other assignments out of class are to be turned in, electronically, on time. Assignments that are turned in late will be accepted at the instructor's discretion and penalized accordingly. If you need additional time for any reason, you must notify the instructor PRIOR to the assignment's due date. All written work is expected to be completed in standard, written English, clearly typed and/or word-processed.
- 2) **Honor Code:** According to Wil Jones, formerly the basketball coach at UDC, all coaching is theft. We constantly borrow ideas from each other and adapt them to our needs. Make sure that when an idea is not your own, you give credit to your source. Failure to do so is a violation of the honor code and can result in serious consequences (like expulsion or failing this class – see our college catalog for more information), so please be sure to give credit when you borrow, steal, or share ideas. Sharing and working cooperatively is part of what makes sports (and learning) enjoyable, but you **MUST** make sure you properly credit your sources of information or inspiration. You can find the full explanation of Emory University's (and thus Oxford's) honor code here: <http://www.college.emory.edu/students/honor.html>
- 3) This college abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education "solely by reason of a handicap". If you have a documented disability that may impact your work in this class and for which you may require accommodations, please see the instructor as soon as possible to arrange accommodations.

Department Class Attendance Policy

- a. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.
- b. You are expected to attend all classes at the scheduled time; therefore tardiness and absences will affect your final grade. **There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. A maximum of three absences for illness or emergencies maybe allowed with instructor's consent without penalty..** **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.
- c. **Five percent (5%) on MWF classes and seven percent (7%) on TTH classes of your final grade maybe deducted from your participation grade if you miss the class without a good reason. After the three or two (3/2) allowed absences for emergencies or serious illness, each additional and following absence will result in a 5% or 7% reduction of your final grade. If a cumulated deduction of your participation grade is over 35%, your final grade is going to be an automatic F.**
- d. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.
- e. At the end of the semester, **MAKE UP work may be provided at the instructor's discretion. For make-up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences.** Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Late Arrivals

Students are expected to come to the class on time. If you arrive after roll-call, you are late. **Three (3) late arrivals will be equivalent to one absence.** If you are late, you must see me **at the end of that class** to remind me to change your absence to a late. If you do not, **you may be counted absent even when you were in class.**

Leaving class early

Leaving class early without instructor's consent will be considered as an absent.

	95 – 100 points Exemplary	83 – 94 points Acceptable	70 – 82 points Area of Weakness	0 – 69points Unacceptable
Attendance/Punctuality	No unexcused absences or tardies	One unexcused absence and/or one tardy	Two unexcused absences and/or two tardies.	Three unexcused absences and/or three tardies.
Class Participation	Always participates in class activity/ discussions.	Usually participates in class activity/ discussions.	Sometimes participates in class activity/ discussions.	Seldom participates in class activity/ discussions.
Preparedness	Brings needed materials to class and is always ready to work.	Almost always brings needed materials to class and is ready to work.	Usually brings needed materials to class and is ready to work.	Rarely brings needed materials to class and is not ready to work.
Effort/Attitude	Student is focused and attentive and follows directions. Does not cause any distractions	Student is almost always focused and attentive and follows directions. Does not cause distractions.	Student is usually focused and attentive and follows directions. Does not cause distractions.	Student is rarely focused and attentive and does not follow directions. Causes distractions.