

PE 100 HEALTH CONDITIONING

LOCATION: MEN LOCKER RM
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** S Gym Trailer RM 3
SECTION: 11J
DAY/TIME: TUES/THURS: 11:00 AM – 12:15 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:00 - 11:00 AM;
Tuesday/Thursday: 1:00 - 2:30 PM

COURSE OBJECTIVES:

1. To understand the importance of health and medical benefits of exercise.
2. To develop basic skills for personal fitness evaluation.
3. To learn the general principles of training, adaptation, and maintenance of cardiovascular endurance, muscular strength and endurance, and flexibility.
4. To understand the importance of proper nutrition and body composition.
5. To develop and maintain a personal lifetime cardiovascular fitness.

GRADING SCALES:

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; 0-59% = F

COURSE OUTLINE:

A. INTRODUCTION:

Fitness Assessment: Pre-test and Post-test

1. Heart Rate: resting & target
2. Sit-ups & Push-ups
3. 1.5 mile Run Test

B. LECTURES:

1. First 45 min of each period on Tues. & Thurs. (WELLNESS: CONCEPTS & APPLICATIONS)

C. CLASS WORK:

2. Jogging (30 MIN. duration) will be the main activity throughout the semester. It will follow after the lecture of each class.

EXAMINATION:

1. **Written Exams [50%]**
 - a. Chapters 1-4 25%
 - b. Chapters 5-8 25%
2. **1.5 Mile Run [20%]** 20%
3. **Fitness Improvement [20%]**
 - a. Using results from the post-test 10%
Better = 100% no change = 75% worst = 50%
 - b. Using the time of 4 test-run 10%
4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25%

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4. 3 days Nutritional Analysis [10%]

10%

TEXT BOOKS:

Wellness Concepts & Applications (4th Edition) by David J. Ansbaugh, Michael H Hamrick, and Frank D. Rosato.

ATTENDANCE:

1. A maximum of two (2) absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of four (4) bonus points will be added to the final grade for student who does not miss any classes during the semester; two (2) points will be given to those who miss only one class.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered an absence.

RISK AWARENESS STATEMENT:

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
 - a. Have your physician state the nature of your limitation(s) in writing.
 - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

STUDENT HONOR CODE:

It is the student responsibility to uphold the honor code as described in the Oxford College's catalog.

SPRING 2001**PE 100: 11J [TT] CLASS CALENDER**

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	THURS	1/18	INTRODUCTION	CH 1,2
2	TUES	1/23	FA: PRE-TEST/TEST RUN NO. 1	
	THURS	1/25	LEC CH 1, 2/JOGGING	
3	TUES	1/30	LEC CH 2/JOGGING	CH 3
	THURS	2/1	LEC CH 3/JOGGING	
4	TUES	2/6	LEC CH 3/JOGGING	
	THURS	2/8	LEC CH 3/JOGGING	CH 4
5	TUES	2/13	LEC CH 4/JOGGING/	TEST RUN NO. 2
	THURS	2/15	LEC CH 4/JOGGING	
6	TUES	2/20	LEC CH 4/JOGGING	
	THURS	2/22	LEC CH 4/JOGGING	CH 5
7	TUES	2/27	LEC CH 5/JOGGING	
	THURS	3/1	LEC CH 5/JOGGING	
8	TUES	3/6	REVIEW FOR MID-TERM/TEST RUN NO. 3	
	THURS	3/8	MID-TERM EXAM [CH 1- CH4]	
9	TUES	3/13	SPRING BREAK	CH 6
	THURS	3/15	SPRING BREAK	
10	TUES	3/20	LEC CH 6/JOGGING	
	THURS	3/22	LEC CH 6/JOGGING	
11	TUES	3/27	LEC CH 6/TEST RUN NO. 4	CH7
	THURS	3/29	LEC CH 7/JOGGING	
12	TUES	4/3	LEC CH 7/JOGGING	
	THURS	4/5	LEC CH 7/JOGGING	CH 8
13	TUES	4/10	LEC CH 8/NUTRITIONAL ANALYSIS	
	THURS	4/12	LEC CH 8/NUTRITIONAL ANALYSIS	
14	TUES	4/17	LEC CH 8/JOGGING	
	THURS	4/19	LEC CH 8/FA: POST-TEST	
15	TUES	4/24	1.5 MILE RUN TEST [TEST NO. 5]	
	THURS	4/26	REVIEW FOR FINAL	
16	TUES	5/1	FINAL WRITTEN EXAM [LEC 5-8]	

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NAME OF STUDENT: _____

SEMESTER: _____

COURSE NAME: _____

COURSE NO. _____

INSTRUCTOR: _____

MAXIMUM HEART RATE = $220 - \frac{\text{AGE}}{\text{AGE}} =$ _____
[MHR]

TRAINING ZONE:

MINIMUM TARGET HEART RATE = MHR x .70
[MIN THR]

= _____ x .70

= _____

MAXIMUM TARGET HEART RATE = MHR x .85
[MAX THR]
 = _____ x .85
 = _____

PRE-TEST

A. ABDOMINAL ENDURANCE [SIT-UP TEST]

NO. IN 1 MINUTE

B. UPPER BODY ENDURANCE [PUSH-UP TEST]

NO. IN 1 MINUTE

C. CARDIORESPIRATORY FITNESS [1.5 MILE RUN TEST]

FINISH TIME

HR AFTER 1 MIN

HR AFTER 2 MIN

POST-TEST

B. ABDOMINAL ENDURANCE [SIT-UP TEST]

NO. IN 1 MINUTE

C. UPPER BODY ENDURANCE [PUSH-UP TEST]

NO. IN 1 MINUTE

D. CARDIORESPIRATORY FITNESS

[1.5 MILE RUN TEST]

FINISH TIME

HR AFTER 1 MIN

HR AFTER 2 MIN

NOTE: TAKE 10s COUNT FOR HEART RATE [HR]

**PE 100 HEALTH CONDITIONING
1.5 MILE RUN TEST STANDARD**

MEN:

TIME	%
>16:00	40
15:21-16:00	60
14:41-15:20	65
14:01-14:40	70
13:21-14:00	75
12:41-13:20	80
12:01-12:40	85
11:21-12:00	90
10:31-11:20	95
9:41-10:30	100

WOMEN:

>19:00	40
18:21-19:00	60
17:41-18:20	65
17:01-17:40	70
16:21-17:00	75
15:41-16:20	80
15:01-15:40	85
14:11-15:00	90
13:21-14:10	95
12:31-13:20	100