

PE 100 Health Conditioning M/W/F 11:45AM.

Instructor: Edgar Flores **Office:** Williams Hall, office 103E
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Office hour: Every Tuesday 10:00am. or by appointment

Course Description:

The course is designed to teach students basic exercise concepts, fitness components, and techniques for developing and maintaining a sound fitness program.

The Goals of the Course

As a result of this course, the student should be able to:

1. Identify the components of physical fitness.
2. Assess and evaluate 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 (50 min.): 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 (50 min): Jogging will be the main activity. In addition, It will include other activities such as walking, interval training, Fartlek training, cross training with individual sports and/or cardiovascular endurance team sports, circuit training, and muscular strength and endurance training, etc.

Instructional Activities and Methodology

A developmental and systematic approach will be used to teach 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:

1. Exam #1: 10%
2. Exam #2: 10%
3. Exam #3: 10%
4. Final exam: 20%

B. Personal fitness program design: 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: **Monday November 25**

C. 1.5 Mile Run: 10%

D. Fitness Improvement 10%

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

E. Class Presentation: 15%

F. Non-class workouts: 5%

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%.

Attendance Policy

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

- A. Maximum three (2) absences will be allowed without penalty for the semester.
- B. Three (3) points will be deducted from the final grade on each of the absence thereafter.
- C. Three (3) tardy (5 min or more) will equal to one class absence.

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. **Attire:** Gym clothing is required in the class.
- 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

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

THE DIVISION OF PHYSICAL EDUCATION AND DANCE

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 which 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 M/W/F 11:45AM. COACH FLORES	
DATES	INSTRUCTION AND ASSIGNMENTS
AUGUST	
Wednesday 28 th	Orientation
Friday 30 th	Introduction, Pre Test,
SEPTEMBER	
Wednesday 4 th	Lecture "Getting Fit, Why should you care?"
Friday 6 th	Workout,
Monday 9 th	Workout
Wednesday 11 th	Lecture "Creating a healthy lifestyle"
Friday 13 th	Workout,
Monday 16 th	Workout and Interval Training
Wednesday 18 th	Lecture "Starting your own fitness program"
Friday 20 th	Exam #1 , Workout and Circuit Training,
Monday 23 rd	Go over exam, workout and Circuit Training
Wednesday 25 th	Lecture "Developing Cardio Respiratory fitness"
Friday 27 th	Workout weight training, Read Ethics material on ERESERVE
Monday 30 th	Workout Weight Training
OCTOBER	
Wednesday 2 nd	Lecture "Improving muscular strength endurance and power"
Friday 4 th	Workout Weight Training,
Monday 7 th	Ethics discussion, workout
Wednesday 9 th	Lecture "Increasing flexibility through stretching"
Friday 11 th	Exam #2 , workout
Monday 14 th	Mid-Semester Break
Wednesday 16 th	Lecture "Limiting your body fat through diet and exercise"
Friday 18 th	Go Over Exam, Workout,
Monday 21 st .	Workout
Wednesday 23 rd	Lecture "Eating right"
Friday 25 th	Workout
Monday 28 th	Workout
Wednesday 30 th	Lecture "Becoming a wise consumer"
NOVEMBER	
Friday 1 st	Workout
Monday 4 th	Exam #3 ,Workout
Wednesday 6 th	Lecture "Practicing safe fitness"
Friday 8 th	Go over exam, Workout,
Monday 11 th	Workout
Wednesday 13 th	Lecture
Friday 15 th	Workout
Monday 18 th	Workout
Wednesday 20 th	Lecture
Friday 22 nd	Workout
Monday 25 th	Paper Due, Workout
DECEMBER	
Monday 2 nd	1.5 Mile Run, Flexibility Post-test
Wednesday 4 th	1.5 Mile Run Test
Friday 6 th	Final Exam Review
Monday 9 th	Final Exam

