

**PE 105 Indoor Cycling / Circuit Training**  
**Spring 2013**

**M/W/F 9:30am -10:20 am**

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**Instructor:** Cecilia Rucker

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**Office Hours:** M/W 10:30-11:30    **and by appointment**

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**Physical activities for this class include vigorous movement.** Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.

*Student work submitted as part of this course may be reviewed by Oxford College and Emory College faculty and staff for the purposes of improving instruction and enhancing Emory education.*

**Class Description:** The **first half** of the semester is **Indoor Cycling**, a cardiovascular training activity tat is performed indoors on a stationary bike followed in the **second half** of the semester by **Circuit Training**, a muscular endurance/strength training activities that may include free weights, resistance tubing, and body bars, coupled with step aerobics, dance, or other cardiovascular activities.

**Course Objectives:**

1. Perform a before /after fitness assessment to evaluate one's own physical fitness status.
2. Based on the results of the evaluation, establish personal fitness goals (both short and long term).
3. Create a personal fitness prescription to achieve goals.
4. Identify components of healthy nutrition and evaluate one's personal fitness habits.
5. Understand the principles of proper biomechanics and fitness principles with particular focus on cycling and circuit training.
6. **Improve** and **Maintain** personal fitness.

**Dress Code:** Appropriate attire for physical activity. T-shirts, shorts, tennis shoes with good support, with socks ☺, cycling shorts and shoes are not mandatory, but helpful. Just make sure you are properly covered and supported.

- **FILLED WATER BOTTLE!**
- **Hand Towel**
- **For those with longer hair, it is strongly suggested to have it pulled back and/or secured.**

### **Class Participation and Effort:**

In order to pass this course you must actively participate and contribute during each class meeting. This class is for all levels of fitness. I expect you to encourage and help each other. Each of you will learn at a different rate. Your grade is dependent on both attendance and the quality of your participation during class.

- Bring your favorite song for us to work out to . . . please no profanity in the words.
- Offer to “lead” a song
- Buddy up and help each other progress with your goals.

**Come to class!!!** Even if you do not feel well enough to participate you can contribute so that your grade will not be penalized. You will take notes and make suggestions that would be helpful to your classmates.

There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

**It is expected that you arrive for class on time at 9:30. ☺**

Every third time you are late (not in class when I begin calling roll) you will be penalized an absence). You are expected to be in the classroom, have bike adjusted and be ready for warm up at the start of class time. If you are late, you must see me after class to change your absence mark to a late mark.

**If you do not do so, you will be considered absent even if you were in class.**

**“ There is no drug in current of prospective use that holds as much promise for sustained health as a life-time program of physical exercise.” W.M. Bortz II**

## Course Calendar / Content:

Wed	Jan 16	Welcome! Course intro/ syllabus review
Fri	Jan 18	Classroom
Mon	Jan 21	MLK Holiday – No Class
Wed	Jan 23	Aerobic room – cycling basics and proper bike setup
<b>TBA</b>		<b>Fitness assessment for ALL</b>
<b>Fri</b>	<b>Feb 1</b>	<b>Writing Assignment #1 - Personal Prescription Due</b>
<b>Fri</b>	<b>Feb 8</b>	<b>Writing Assignment #2 – Nutritional Assessment Due</b>
<b>Fri</b>	<b>Mar 8</b>	<b>Mid-Term Exam</b>
March 11-15th		Spring Break
<b>Mon</b>	<b>Mar 18</b>	<b>Circuit training begins</b>
<b>TBA</b>		<b>Fitness Assessment/Retest/Evaluations</b>
<b>Mon</b>	<b>Apr 26</b>	<b>Final Exam – Writing Assignment #3 Personal Fitness Eval</b>

## Evaluation:

Grading Scale:	90% - 100% = A
	80% - 89% = B
	70% - 79% = C
	60% - 69% = D
	< 60% = F

Mid-Term (short answer / multiple choice) 20%

Writing Assignments	#1	20%
	#2	20%
Final Exam	#3	20%

Class Participation	<u>20%</u>
	100%

**Writing Assignments:** Using the information from your initial fitness evaluation, and reading assignments, complete:

**#1** a personal prescription for your fitness goals

**#2** a nutritional assessment and plan

**#3 (Final exam)** is an evaluation of what worked, what didn't and your thoughts of the "journey". Be thorough! These are about YOU, so no two will be alike.

**Participation/Effort:** Yes, you must show up, AND you must be actively engaged in the class. **This is 20% of your grade!** Please review the Division Attendance Policy that is attached for policies regarding absenteeism, etc.

\*\*\* All tests must be taken on the scheduled test day. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me to turn in the assignment or take the test before the day that will be missed, **if I deem such arrangements acceptable.**

**Religious holidays** approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and **in advance** of the holiday.

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know. Otherwise, **if I become aware of the phone, you will be asked to leave class and will receive an absence.***

**Grade Appeal Process:** If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

### Divisional Attendance Policy

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 affect your final grade. **A maximum of three (MWF)/two (TTH) absences are allowed without penalty, upon instructor's consent.** 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. **\*\*If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.**

C. **After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,**

**MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.**

**TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of 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.

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770. 784-4722).

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404.727-6016).

**HONOR CODE: Article 2.A “A student’s signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.” I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College’s HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.**

Please see <http://www.college.emory.edu/students/honor.html>