

PE 104 Indoor Cycling/Conditioning
(Spring 2009 Monday/Wednesday/Friday)

Instructor: Mr. Michael Sabatelle MEd ATC LAT

Office: Williams Gymnasium

Office Hours: by appointment

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Section: 11A 11:45am – 12:35pm

Classrooms: Room 105 Williams Gymnasium/Aerobics Room*

*(subject to change)

Course Description:

A basic health and conditioning course designed to increase cardiovascular fitness through indoor cycling. Health concepts include nutrition, body composition, principles of strength, cardiovascular, flexibility training, and more, which emphasize personal responsibility for the student's well-being.

Course Objectives:

The objective of this course is to promote the concept that a positive, healthy lifestyle can enhance the quality of one's life. This course will assist the student in understanding and improving the health-related components of physical fitness: cardiovascular fitness, muscular strength and endurance, flexibility, body composition and nutrition.

Course Competencies:

Upon completion of PE 104, students will be able to:

1. Identify the components of physical fitness.
2. Assess and evaluate his/her present physical fitness status.
3. Demonstrate how to improve personal fitness.
4. Understand the basic concepts and biomechanics of indoor cycling
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 health and fitness.

Course Text:

There is no required text for this course. Handouts, labs and web links will be provided by the instructor during the semester to supplement class lectures.

Course Topics:

- A. Lectures: Class orientation/expectations, introduction to personal wellness and fitness, the joy of fitness, cardiovascular fitness, muscular strength and endurance, flexibility, body composition, physical fitness program, personal nutrition, personal weight management.
- B. Class Activities: Indoor cycling, class labs, discussions, assignments and home projects.

Instructional Activities and Methodology:

A developmental and systemic approach will be employed for teaching this course. Students will be provided with learning opportunities in the form of discussion, visual aids, literature reviews, labs and a variety of exercise sessions and activities to improve their knowledge, motor skills and personal health and wellness.

Evaluations:

A. Written Exams: (40%) 400 points

Exam I (10%)

Exam II (10%)

Exam III (10%) and cumulative Final Exam (10%)

Format will vary: multiple choice, short answer, fill-in the blank, and matching questions.

B. Participation/Attitude/Attendance/Dress/ (30%) 300 points

Thirty percent of the students' final grade will be based on their participation, positive attitude, attendance and dress. Students will earn 300 points towards their final grade if, they do not miss more than three (3) classes, always arrive on time, and are dressed appropriately.

C. Motivation (10%) 100 points

Actively participate in every class. Encourage and support other students and the instructor.

D. Improvement (10%) 100 points

Demonstrate improved physical performance by the end of the semester.

E. Indoor Cycling CD assignment (10%) 100 points

Create a CD for an indoor cycling session.

F. Grading Scale:

A	1000-930	C+	799-770%
A-	929-900%	C	769-730%
B+	899-870%	C-	729-700%
B	869-830%	D	699-600%
B-	829-800%	F	<600%

Class Attendance Policy:

- A. Each student is expected to attend the class at the scheduled times. Tardy and absences will be counted and considered in your final grade. Each student will be allocated **three (3)** unexcused absences.
- B. After three absences, each additional absence will result in a 10 point deduction from the final point total.
- C. If the student has accumulated a total of 9 absences or more the final grade will result in an "F".
- D. Religious holidays approved by the College may be excused if you inform me in advance of the holiday.
- E. Students are expected to come to class on time. If you arrive after roll call you are late. Lateness will NOT be tolerated. After you are late three times (not in class within the first five minutes of start time) you will be penalized an absence and a 10 point deduction for every subsequent lateness.
- F. Even if you do not feel well enough to participate please come to class! There are other ways you can contribute so that your grade will not be penalized.
- G. If you believe you have justification for an absence to be excused you **MUST** discuss this with me in person. Authentic documentation must be provided on the first day back to class. There will be no exceptions. If possible, it is strongly suggested that you communicate with me before you miss the class, regardless of the reason.

Excused absences are emergencies (e.g. car accident, hospitalization, death in the family), religious holidays or medical issues that require a student to seek medical attention.

NOTE: If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services.

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 student not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college. 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. www.college.emory.edu/students/honor.html

Participation/Behavior:

Expectations:

Arrive on time, dress appropriately, actively participate in class, respect others, no foul language, no cell phone use, and positively support others in class.

Deductions:

- 10 pts. Dressed inappropriately.
- 10 pts. Disrupting class/instructor (ex. - cell phone use in class, texting, phone vibrating or ringing in class, use of vulgar language, inappropriate actions in class, etc..)
- 10pts. Leaving class without permission (ex. - attending the classroom session but, not showing up for the activity session, etc.)

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 EXAM days, it is the student's responsibility to make arrangements with me one class period before the day that will be missed.

General Requirements and Information:

A. Dress Code:

On activity days you must come to class dressed appropriately for physical activity, i.e. wear loose fitting clothing that allows for free movement for cycling - shorts, sweats, t-shirts, sweatshirts, sweatpants and cycling/running/indoor soccer/tennis shoes. No jeans or street shoes. You will not be allowed to participate if you are dressed inappropriately. As a college student, you are responsible for presenting yourself in a professional manner. Pants/shorts should not be worn where the undergarments are exposed. Shirts should not represent any negative propaganda.

B. Water/Towel

Bring a water bottle and towel to class. Hydration is very important during strenuous indoor cycling.

C. Electronic devices:

Cell phones and beepers must be turned OFF during class. The wearing of head phones is not permitted during class.

D. Safety/Security:

Accidents and robberies can happen, especially while engaged in physical activity. Therefore, we ask for your help in making our classes/fields/gym/weight room, etc. safe places.

- Remove all jewelry before coming to class.
- Choking can be hazardous to your health! Dispose of all gum or candy before class starts.
- No food or eating during class.
- Please do not bring valuables to class.
- Avoid leaving items unattended or unsecured.
- Use physical education equipment for its intended purpose and under the direct supervision of an instructor.
- Please do not leave the gym, field, classroom without permission.
- Please be respectful, courteous and responsible with your words and actions. Unsportsmanlike conduct, inappropriate language and bullying will not be tolerated.
- Report all injuries or illnesses immediately to Michael.

E. Classroom etiquette:

NO devices that allow communication via phone, pager, text message, e-mail, etc. are permitted in class. Such devices seen or used during class will become the property of Mr. Sabatelle for the class period. Reoccurring problems will result in disciplinary action as stated in the Oxford College student Handbook. If such communication is needed during class please notify Mr. Sabatelle prior to class. If you have questions or do not understand please see me for

clarification. At Mr. Sabatelle's discretion, any behavior that disrupts class or is offensive will not be tolerated and will lead to disciplinary action as stated in the Oxford College Student Handbook.

F. Important Information:

Reasonable accommodation for students with writing deficiencies:

Students are expected to have developed certain competencies necessary for success in college.

If you have not developed the competencies needed to function at this level, you will be required to do so, in order to pass this course. For this reason, referrals to the writing center are required.

Students with identified or suspected disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722). No special arrangements will be made for any student unless the instructor is contacted directly via official request from this office. 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.**

Reminder:

Class activities may include vigorous activities. 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 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).