

PE 107 – Running and Conditioning
Course Syllabus

Instructor: Dr. Jasmin Hutchinson

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Office: Williams Gymnasium, Oxford College

Phone: 770-784-8309

Office Hours: Tue and Thur. 9:30-10:00am; Wed 3:15-4:00pm; other times by app't.

Catalog Description: This course is designed to provide students with an understanding of running/jogging as a way to develop and maintain cardiovascular and aerobic fitness. Course content includes mechanics of efficient jogging, presentation of different training systems, safety concerns, and information related to the prevention and care of common jogging injuries. This course will also equip students with the skills necessary to take part in community road races (5K - 10K). Pre-requisite: Students must be able to run 1.5 miles in 12 min or less on the first day of class (8 min/mile pace).

Course Objectives: As a result of this course, the student will be able to:

1. Identify the components of physical fitness.
2. Assess and evaluate ones present physical fitness status.
3. Design and develop an individualized physical fitness program.
4. Improve and maintain personal fitness.
5. Learn and identify the importance of nutrition and psychology in relation to running.
6. Understand the kinesiology of running

Course Text:

No required text. *Students should expect to pay approximately \$25 in race fees.*

Activities

Lecture, discussion and participation, in- and out-of-class assignments, and PHYSICAL ACTIVITY (i.e. running with some cross training).

Course Outline: See calendar

- All dates and activities are subject to change. Instructor will give proper notice of such change(s)
- Class notes and important updates will be posted on your LL site for this class. You are responsible for all information posted to the LL site.

Methods of Evaluation:

Test 1 = 15%

Road race = 15%

Test 2 = 15%

VO₂ max lab = 10%

Test 3 = 15%

Participation = 30%

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Grading Scale:

100-93%	A	79-77%	C+
92-90%	A-	76-73%	C
89-87%	B+	72-70%	C-
86-83%	B	69-60%	D
82-80%	B-	< 60%	F

Assignments

Exams – Midterm and final. Format will be multiple choice and short answer questions.

VO₂ max lab – Participation in and write up of a lab based exercise test to measure maximal oxygen uptake (VO₂ max)

Road Races – You are required to participate in ONE out of class community road race

***All assignments must be handed in on the due date. All tests must be taken on the day that the test is scheduled. **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 before the day that will be missed.

Class Participation and Contribution:

- To pass this course you must actively participate and contribute during each class meeting. Missing more than TWO classes will result in a **5-point** reduction in your grade **per additional absence**. If you believe you have justification for an absence to be excluded you must discuss this with me in person.
- If you miss three consecutive classes it is my responsibility to report you to the Director of Academic Services
- I will take attendance at the beginning of class. ***You are expected to ready to participate at the start of class time.*** Three late arrivals (not in class within 5 min of the start time) will be equivalent to one absence.
- Come to class!! Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized.
- There will be NO MAKE UPS for written work or tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Dress Code:

On activity days you must come to class dressed appropriately for physical activity, i.e. sweatpants/shorts, a t-shirt, and running shoes. You will not be allowed to participate if you are dressed inappropriately. Cell phones must be switched OFF during class.

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 students 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: Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform me 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.

The Oxford College Student Honor Code

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

Grade Appeal Process

If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of final grades being posted. 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.

List of Out of Class Runs

09/12/09 - 26th Annual Fuzz Run 5K - Covington, GA. 8:30am.
10/18/09 - Dirty Spokes 40K Team Trail Relay Race (teams of 2, 3 or 4). Conyers, GA. 8am.
10/24/09 - Lions Club Run for Sight 5K Run - Monroe, GA. 4pm.
11/14/09 - Atlanta Step By Step Walk/Run 4 Burn Victims. Conyers, GA. 8am.
11/22/09 - 3rd Annual Gobbler Run 5K & 1M Fun Run/Walk - Athens, GA. 3pm.
12/12/09 - Jingle Jog for Autism 5K & 1M Reindeer Dash - Loganville, GA. 11:30am.

****This is a small list of local races. You are welcome to compete in any road race you like! See www.active.com or www.rungeorgia.com**

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AUGUST	
W 26	Syllabus and course introduction 1.5 mile fitness test
M 30	Running
SEPTEMBER	
W 2	Running
M 7	<i>Labor day – No class ☺</i>
W 9	Lecture 1 (Fundamentals) and Running
M 14	Running
W 16	Lecture 2 (Muscle) and Running
M 21	Weight room
W 23	Running
M 28	Test 1
W 30	Running
OCTOBER	
M 5	Running / Cross-training
W 7	Lecture 3 (Cardiovascular)
M 12	Fall Break – No class
W 14	Running
M 19	Lecture 4 (Energy systems) & Lecture 5 (Flexibility)
W 21	Running
M 26	Running
W 28	Test 2
NOVEMBER	
M 2	Running
W 4	VO ₂ max testing
M 9	VO ₂ max testing
W 11	Running and/or cross training
M 16	Lecture 6 (Body comp) VO₂ max lab report due
W 18	Running and/or cross training
M 23	Lecture 7 (Nutrition) and running
W 25	Thanksgiving – No Class
M 30	Lecture 8 (CV health) and Running
DECEMBER	
W 2	Final exam review and course evaluations
M 7	Test 3 / Final

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