

PE 100 HEALTH CONDITIONING

LOCATION: Gym & Class Rm. # 8
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** Gym 2
SECTION: 930J
DAY/TIME: TUES/THURS: 9:30 AM - 11:00 AM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday: 2:00 - 3:00 PM; Tuesday: 1:00 - 3:00 PM
Thursday: 1:00 - 2:00 PM

COURSE OBJECTIVES:

1. To understand health and medical benefits of exercise.
2. To develop basic skills for personal fitness evaluation.
3. To learn the general principles of training: 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. Flexibility Test
3. Sit-ups
4. Step Test

B. LECTURES:

1. First 45 min of each period on Tues. & Thurs. (Total Fitness)

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 [10%]

- | | |
|---|----|
| a. Using results from the post-test | 5% |
| better = 100% no change = 75% worst = 50% | |

- b. Using the time of 4 test-run **5%**
4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25%

4. **Non-Class Workouts [10%] 10%**

Each session must be at least 30 minutes of large muscle movement.

Homework is graded weekly; the final homework grade is the average of all weeks, with the lowest grade dropped.

100 = 4/wk

90 = 3/wk

70 = 2/wk

60 = 1/wk

5. **Lab test [10%] 10%**

TEXT BOOKS:

Total Fitness: Exercise, Nutrition, and Wellness by Scott Powers and Stephen Dodd.

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 missed 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 as absences.

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.

FALL 1999**PE 100: 930J [TT] CLASS CALENDER**

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	THURS	8/26	INTRODUCTION	CH 1
2	TUES	8/31	LEC CH 1/FA: PRE-TEST	CH 2
	THURS	9/2	LEC CH 2/JOGGING	
3	TUES	9/7	LEC CH 2/TEST RUN NO. 1	CH 3
	THURS	9/9	LEC CH 3/JOGGING	
4	TUES	9/14	LEC CH 3/LAB: SKINFOLD METHOD	
	THURS	9/16	LEC CH 3/JOGGING	CH 4
5	TUES	9/21	LEC CH 4/JOGGING	
	THURS	9/23	LEC CH 4/JOGGING	
6	TUES	9/28	LEC CH 4/TEST RUN NO. 2	
	THURS	9/30	LEC CH 4/REVIEW FOR MID-TERM	
7	TUES	10/5	MID-TERM EXAM CH 1-4	
	THURS	10/7	FALL BREAK	CH 5
8	TUES	10/12	LEC CH 5/JOGGING	
	THURS	10/14	LEC CH 5/JOGGING	
9	TUES	10/19	LEC CH 5/TEST RUN NO. 3	
	THURS	10/21	LEC CH 5/JOGGING	CH 6
10	TUES	10/26	LEC CH 6/JOGGING	
	THURS	10/28	LEC CH 6/LAB: CAL. MEASUREMENT	
11	TUES	11/2	LEC CH 6/JOGGING	CH 7
	THURS	11/4	LEC CH 7/JOGGING	
12	TUES	11/9	LEC CH 7/TEST RUN NO. 4	
	THURS	11/11	LEC CH 7/JOGGING	CH 8
13	TUES	11/16	LEC CH 8/JOGGING	
	THURS	11/18	LEC CH 8/JOGGING	
14	TUES	11/23	LEC CH 8/FA: POST-TEST	
	THURS	11/25	THANKSGIVING HOLIDAY	
15	TUES	11/30	1.5 MILE RUN TEST	
	THURS	12/2	REVIEW FOR FINAL	
16	TUES	12/7	2 ND WRITTEN EXAM	