

Oxford College
PE 102 – Fitness Walking
MWF 11:45 – 12:35
Spring 2011

Instructor: Amanda Fischer
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Office: Williams Athletic Training Room
Hours: By Appointment Only

Course Description: This course is designed for the student who desires low impact cardiovascular fitness. Health concepts range from nutrition to cardiovascular fitness. Students will develop an individual power walking program to meet their individual physical activity goals.

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

1. Identify different techniques to ensure walking pace and training intensity.
2. Describe and Discuss Important Factors to Optimal Nutrition for Performance and Health-Related Physical Fitness.
3. Improve mile walk time.
4. Identify and discuss safety tips conducive to participating in a successful fitness walking program.
5. Successfully continue their own personal fitness walking program and know how to adapt when life schedule changes.

January	
12	
14	
17	Martin Luther King Day – No Class
19	Syllabus / Course Introduction
21	Pre-Walk Test
24	Lecture – Cardiovascular Fitness
26	Walk
28	Quiz 1 – Cardiovascular Fitness
31	Walk
February	
2	Walk
4	Walk
7	Lecture – Strength Training
9	Walk
11	Quiz 2 – Strength Training
14	Walk
16	Walk
18	Walk

21	Lecture – Flexibility
23	Walk
25	Quiz 3 – Flexibility
28	Walk
March	
2	Walk
4	Walk
7	No Class
9	No Class
11	No Class
14	Walk
16	Walk
18	Walk
21	Lecture – Nutrition
23	Walk
25	Quiz 4 – Nutrition
28	Walk
30	Walk
April	
1	Walk
4	Lecture – Strength Training
6	Walk
8	Quiz 5 – Strength Training
11	Walk
13	Walk
15	Walk
18	Walk
20	Post - Walk Test / Step Count Due
22	Review – Fitness Goals / Individual Walking Program Due
25	Final Exam

*Schedule is subject to change

Attendance: You are expected to attend all of the class at the scheduled times. **There are no UNEXCUSED absences in this class.** If you have to miss a class, it has to be **serious illness or emergency** and you have to communicate with me before/after in order to make up your missed work. **The maximum three (3) absences (one-week class) may be allowed with my consensus.**

After allowed 3 absences, each subsequent absence will result in a 5% deduction from your final grade per department policy.

Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.

Students are expected to come to the class on time. If you arrive after roll-call, you are late. Tardiness will affect your participation grade.

Participation: Student participation is a key for success in this class. Four (4) points will be given each day for participation as follows:

- 4 = excellent participation of class activities
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

Walking Step Count: You will be required to wear a pedometer and record the number of steps you take each day. The walking done in class and everyday walking will not be enough to earn you an “A.” You will need to do walking outside of class to achieve this number. At the end of the semester, you will turn in your walking step log.

- 100,000 – 90,000 steps = 100 points total
- 89,999 – 80,000 steps = 90 points total
- 79,999 – 70,000 steps = 80 points total
- 69,999 – 60,000 steps = 70 points total
- 59,999 – 50,000 steps = 60 points total
- 49,999 – 40,000 steps = 50 points total
- Less than 40,000 steps = 0 points total

Fitness Goals / Individual Walking Program: Based on information learned in class, you will turn in five (5) fitness goals that you wish to obtain for yourself. These can be short-term or long-term goals. Based on these goals you will construct a fitness walking program for yourself that will help you achieve them. There will be a handout given with more information. This assignment is worth 10 points. Late assignments will not be accepted.

Quizzes: You will have five (5) quizzes in this class. The quizzes will take place the Friday following the Lecture and/or lab of the same subject. Each quiz is worth 10 points. There is no make-up for quizzes.

Final Exam: The Final Exam will be on Monday April 25th. It will be a comprehensive exam covering all five (5) lecture topics.

Evaluation: There will be a total of 349 points in this class.

Participation = 41 days x 4 point = 164 points total
Walking Step Count = 100 points total
Fitness Goals/Individual Walking Program = 10 points
Quizzes = 5 quizzes x 10 points = 50 points total
Final Exam = 25 points total

Total Points = 349 points total

The grading scale for this class is as follows:

349 - 324 = A	278 - 268 = C+
323 - 314 = A-	267 - 254 = C
313 - 303 = B+	253 - 244 = C-
302 - 289 = B	243 - 209 = D
288 - 279 = B-	208 - 0 = F

Attire: As a college student, you are responsible to present yourself in a professional manner. Pants / shorts should not be worn so the undergarments are exposed. Shirts should not represent any negative propaganda. On activity days you are required to dress appropriately (NO Jeans, dress shoes, sandals, flip-flops, etc.)

Honor Code: Article 2.A “A student’s signature on a paper or test submitted for credit shall indicate he/she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems that 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)

Reasonable Accommodations for Students with Disabilities: If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, 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).

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 five (5) days of the 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 five (5) day deadline.