

PE 100 Health Conditioning
(Fall 2006, MW 2:00 to 3:15 pm)

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Office hour: MWF: 10:45 to 11:45 am
Also by appointment.

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Location: Mezzanine
TTh: 3:45 to 5:30 pm

Catalog Description:

A basic health course includes a rigorous individualized jogging program to increase cardiovascular fitness. Health concepts include nutrition, stress management, preventative medicine, and more, which emphasize personal responsibility for the student's well being.

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. Demonstrate how to improve personal fitness.
4. Explore a variety of exercise programs.
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 fitness.

Course Topics:

- A. Lectures: Class orientation and general introduction; getting fit; creating a healthy lifestyle; starting your own fitness program; cardio-respiratory fitness, muscular strength and endurance; flexibility; body composition; nutrition; becoming a wise consumer; practicing safe fitness.
- B. Class Activity: Jogging will be the main activity. In addition, It will include other activities such as walking, interval, Fartlek, and circuit training, muscular strength and endurance training, and other sport activities.

Instructional Activities and Methodology:

A developmental and systematic approach will be employed to the content of this course. Students will be provided with learning opportunities in the form of discussion, visual aids, literature reviews, individual projects and a variety of exercise session and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

Evaluations:

A. Written Exams: (40%) 400 points

- 1. Chapter 1-3: 100
- 2. Chapter 4-6: 100
- 3. Chapter 8-10: 100
- (The lowest exam grade will be dropped)
- 4. Final exam: 200

B. Personal fitness program design: (10%) 100 points

You will design a five-week personal fitness program according to Chapter 3 and lectures. It should focus on one main activity and add more depending on your own time and ability. It needs to be 2-3 pages long and typed. The deadline for the paper is **November 16, 2006**.

C. Fitness Pre-Post test: (10%) 100 points

You are required to participate and pre and post fitness tests and each test will be rewarded 50 points.

D. Improvement: (10%) 100 points

Improvement =100, No Change=75, Decrease=50

E. Participation (30 %) 300 points

About one third of your final grade will be based on participation. Students will gain 300 points toward final grade if they are actively participating classes and do not miss more than three (2) classes.

E. Grading Summary:

A=900 – 1000 B=800 – 890 C=700 – 790 D=600 – 690 F=0 – 590

Class Attendance Policy:

- A. You are expected to attend class at scheduled times, thus tardy and absences will be counted and considered in your final evaluation. Maximum **two (2)** absences (one-week class) will be allowed without penalty for the semester. These are to be used for illness, emergencies, weddings, etc.
- B. After 2 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deduced in the Third**

absence, 70 points in Fourth absence. 100 points will be deducted from Fifth absence there after.

- C. Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D. Students are expected to be in class on time. If you arrive after roll-call, you are late. **10 points will be deducted automatically.**
- E. I may give some opportunities to let you make up one or two absence if I consider them to be reasonable. However you must communicate with me in advance.

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

General Requirements and Information

- A. No food, drinks, or gum chewing is allowed.
- B. **Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C. Try not to wear jewelry during classes and glasses worn should be secured.
- D. **Attention:** Class activities may include vigorous exercises. 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 (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

Text Book:

Hales, D. (2001). An Invitation to Fitness and Wellness. Wadsworth, U.S.

PE 100 Health Conditioning TTh Class Calendar, Fall 2006

AUGUST	
W 30	Syllabus and course introduction
SEPTEMBER	
M 4	Labor Day No Class ☺
W 6	Introduction, Pre-fitness test and activities
M 11	Lecture Chapter 1-2 ,Jogging and activities
W 13	Lecture Chapter 2-3 ,Jogging and activities
M 18	Lecture Chapter 2-3 ,Jogging and activities
W 20	Lecture Chapter 3 , Weight training and activities
M 25	Written Exam 1 (Chapter 1-3) , Weight training and activities
W 27	Lecture Chapter 4 ,Jogging and activities
OCTOBER	
M 2	Lecture Chapter 4-5, Jogging and activities
W 4	Lecture Chapter 4-5, Jogging and activities
M 9	Fall break – No class ☺
W 11	Lecture Chapter 5-6 ,Jogging and activities
M 16	Lecture Chapter 5-6 ,Jogging and activities
W 18	Lecture Chapter 6 ,Jogging and activities
M 23	Written Exam 2 (Chapter 4-6), Jogging and activities
W 25	Lecture Chapter 7 ,Jogging and activities
M 30	Lecture Chapter 7, Jogging and activities
NOVEMBER	
W 1	Lecture Chapter 8, Jogging and activities
M 6	Lecture Chapter 8-9, Jogging and activities
W 8	Lecture Chapter 9 ,Jogging and activities
M 13	Lecture Chapter 9-10 ,Jogging and activities
W 15	Lecture Chapter 10, (Due Date for paper) ,Jogging and activities
M 20	Written Exam 3 (Chapter 7-10), Jogging and activities
W 22	Thanksgiving Recess
M 27	Lecture , Jogging and activities
W 29	Lecture, Jogging and activities
DECEMBER	
TU 5	Final exam reviewing and Post-Fitness Test reviewing
TH 7	Post Fitness Test
TU 12	FINAL EXAM

All dates and activities are subject to change. Instructor will give proper notice of such change(s).