

OXFORD COLLEGE
PE 102 – Health and Wellness

Division: Physical Education and Dance
Course Number: PE 102
Section: 10A
Course Title: Health/Wellness

Instructor: Dr. Jasmin Hutchinson
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Office Hours: Mon & Wed 3:30-5pm, Tue & Thur 11am-12pm, Fri 9-10am, other times by appt.

Catalog Description: A basic health course, which includes a regular, individualized walking program to increase cardiovascular fitness. Health concepts include nutrition, stress management, preventive medicine, etc., which emphasize personal responsibility for the individual's well being.

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

1. Demonstrate competency in the instructional objectives pertaining to the cognitive area that preface each chapter in the course textbook.
2. Interpret the ACSM Position Stand on Quantity & Quality of Exercise and Describe the Physiological and Psychological Effect of Physical Activity on Health.

Text: Dianne Hales (2001). An Invitation to Health. Wadsworth

Course Topics: Please refer to the course calendar.

Activities: The student will be involved in class discussion and participation, in-class assignments, take home projects, laboratory work and PHYSICAL ACTIVITY (i.e. jogging, walking, stretching, lifting weights, circuit routines, etc.).

Evaluation: The final grade will be based on:

Midterm exam	40 pts (20%).
Final exam	50 pts (25%).
Portfolio	75 pts (37.5%).
Article	20 pts (10%).
Fitness Improvement	15 pts (7.5%)
TOTAL = 200 points	

200 – 180 points	100-90%	A
179 – 160 points	89-80%	B
159 – 140 points	79-70%	C
139 – 120 points	69-60%	D
< 120 points	< 60%	F

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Assignments

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

Portfolio – Portfolio will include the following sections, neatly presented and arranged in order:

1. Class notes (5)
2. Lab assignment (25)
3. Dietary analysis (25)
4. Classroom and homework assignments (20)
5. Article

Article – Review of ACSM position statement “The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults”

**Article will be posted on the class conference and will be available on e-reserve

Fitness Improvement – Based upon pre-post tests of flexibility, muscle endurance, and cardiovascular fitness:

Positive change= 15 pts.

No change= 8 pts.

Negative change= 0 pts

***All assignments must be **TYPED** and handed in on the day that it is **DUE**. All tests must be taken on the day that the test is posted. **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 Dr. Hutchinson before the day that will be missed.

Class Attendance: Each student is required to come to class. **Each student will be allocated three unexcused absences. Each additional absence will result in -5 PTS. to the final point total. If the student has accumulated a total of 8 absences or more the final grade will result in an “F”.** Even if you do not feel well enough to participate come to class!! There are other ways you can contribute so that your grade will not be penalized.
If you believe you have justification for an absence to be excused you **MUST** discuss this Dr. Hutchinson in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions.
**If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth).

Lateness: Lateness will NOT be tolerated! Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.

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

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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).

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. 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. Cell phones and beepers must be **switched OFF** during class.

HONOR CODE: **Article 2.A** "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others." 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 Any violation of Oxford College's HONOR CODE will not be tolerated.

Important Dates: January 25 - Last day to change courses
February 23 - Last day to drop a course without academic penalty
March 30-April 1- Pre-registration for Fall 2005

Midterm exam – March 4th
Final exam – April 25th
Portfolio due – May 2nd

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JANUARY	
W 19	Syllabus and course introduction
F 21	Fitness testing
M 24	Fitness testing
W 26	Chapter 1
F 28	Activity
M 31	Activity
FEBRUARY	
W 2	Chapter 2
F 4	Activity
M 7	Activity
W 9	Chapter 3
F 11	Activity
M 14	Activity
W 16	Chapter 4
F 18	Activity
M 21	Activity
W 23	Chapter 5
F 25	Activity
M 28	Activity
MARCH	
W 2	Chapter 6
F 4	Activity
M 7	Midterm Exam
W 9	Chapter 7
F 11	Activity
M 14	Spring Break - NO CLASS ☺
W 16	Spring Break - NO CLASS ☺
F 18	Spring Break - NO CLASS ☺
M 21	Activity
W 23	Chapter 8
F 25	Activity
M 28	Activity
W 30	Chapter 9
APRIL	
F 1	Activity
M 4	Activity
W 6	Chapter 10
F 8	Activity
M 11	Activity
W 13	Chapter 11 and 12
F 15	*No Class– activity on your own
M 18	Activity
W 20	Chapter 13 and 14
F 22	Activity
M 25	Review for Final Exam – Portfolio Due
W 27	Fitness testing
F 29	Fitness testing
MAY	
M 2	FINAL EXAM

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