



EMORY | OXFORD
COLLEGE

FITNESS RUNNING-FALL 2014

Instructor: Ella O'Kelley

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Class Meeting Time: Mon/Wed/Fri., 1:15-2:05pm, Room 110/Field

Office Hours: Mon-Thurs by appointment

COURSE DESCRIPTION:

This course uses running/jogging/technical drills as a way to develop and maintain aerobic and anaerobic fitness level. Course content includes mechanics of running, injury prevention, physiological changes, and adaptation training. This course is for all level of runners.

COURSE OBJECTIVE:

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

1. Identify various types of running workouts and how it improves the physiological level of the energy system.
2. Gain an appreciation for proper form and identify improper mechanics.
3. Demonstrate technical running drills.
4. Understand the benefit of dynamic and static stretching.
5. Improve physical fitness and health level.

ATTENDANCE POLICY:

In accordance with the Center for Healthful Living academic rules and policies.

- **A student may not miss more than three (3) classes without penalty. If you miss more than three (3) consecutive days it is my responsibility to report your name to the Office of Academic Services. (Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday).**
- **There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to me prior to the absence via email or voice message; if that is impossible, you must communicate with me as soon as you are able. Unusual circumstances may warrant MAKE UP work by my discretion. I will consider 1) validity of absences; 2) medical documentation 3) scheduled appointment to present record of missed classes and your justification.**
- **After three (3) days of absences I will impose a 5% reduction of your final grade for each following absences. Nine (9) absences will result in an automatic final grade of "F."**

- **Attendance will be taken at the beginning of each class.** Students will be required personally to certify their attendance via either a roll call or a sign-in sheet *during each class*, at the instructor’s discretion. It is the student’s responsibility to ensure that he or she is in the classroom to answer any roll call and to ensure that any attendance sheet is signed. Students will not be allowed to answer or sign-in after class.

CLASS PREPAREDNESS AND PARTICIPATION:

- ***Regular and punctual class attendance is mandatory.*** Tardiness or early departure may result in a student being counted as absent for that class, and the instructor reserves the right to lock the classroom doors or reject a student once class has begun to avoid disruptions. **Any student who is unprepared but physically present will be counted as absent.**
- **No late work will be accepted.**
- **I will maintain a Blackboard website for the course. *You are responsible for checking the Blackboard regularly in advance of each class to make sure you have covered all of the assigned materials, as well as for any announcements about the course.***

Materials needed:

- ***Running shoes with support (not Basketball shoes or non-supportive shoes)***
- ***Towel***
- ***Filled Water Bottle***
- ***Stretching Mat (optional but highly recommended)***
- ***Running apparel (tights, jogging pants, running shorts etc...)***
- ***Jump rope***

GRADING:

Your grade will be determined by individual workouts worth **225** total points of final grade, performance tests worth **100** total points of final grade, group workouts worth **120** total points of final grade, assignments worth **105** total points of final grade, one (1) midterm examination worth **100** points of final grade, and one (1) final examination worth **150** points of your final grade. The examinations may consist of multiple choice questions, essay questions, a physical performance test or any combination thereof. Additionally students may earn a total of **200** points for their final grade if they do not miss any class or do not miss more than three (3) classes, and actively participates in class activities.

Grading Summary:

1000-920 = A	780-799 = C+
900-919 = A-	720-779 = C
880-899 = B+	700-719 = C-
820-879 = B	600-699 = D
800-819 = B-	< 599 = F

THE OXFORD 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>. If you have any questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

ASSIGNMENTS:

Following is a tentative schedule of the topics I expect to cover. ***This schedule, however, is subject to change or modification at any time at my discretion.*** I will announce any changes or modifications as necessary and, when appropriate, will distribute a revised syllabus (or portions thereof). ***Please check the Blackboard sufficiently in advance of each class to make sure you have covered all of the assigned materials, as well as for any announcements about the course.***

Week 1 (August 27th-29th, 2014):

Course Overview & Introduction

Objective: Understand the various components of the course.

Homework – TBA

Week 2 (Sept. 1st-3rd-5th, 2014):

***No class Labor Day Sept. 1**

Overview of the proper running mechanics

Performance Testing – (50 pts)

Objective: Students will be introduced to injury prevention running and complete a performance test.

Homework: TBA

Week 3 (Sept. 8th-10th-12th, 2014):

Introduction to dynamic stretching, static stretching, and drills.

Objective: Students will gain knowledge of pre-workout preparation and post running cool down.

Homework: TBA

Week 4 (Sept. 15th-17th-19th, 2014):

1st Cycle workout plan #1 (25 pts)

Objective: Students will begin at lower level of adaptation training.

Week 5 (Sept. 22nd-24th-26th, 2014):

1st Cycle workout plan #2 (25 pts)

Objective: Students will increase adaption level.

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Week 6 (Sept 29th- Oct. 1st-3rd, 2014):

1st Cycle workout plan #3 (25 pts)

Objective: Students will learn how to incorporate recovery workout plans.

Week 7 (Oct. 6th-8th-10th, 2014):

Midterm: (100 pts)

Objective: Student will demonstrate increased fitness level and knowledge.

Week 8 (Oct. 13th-15th-17th, 2014):

***Fall break Oct. 13th-14th**

Group workouts (30 pts)

Objective: Student will incorporate partner training in workout regimens, mental recovery.

Homework: TBA

Week 9 (Oct. 20th-22nd-24th, 2014):

2nd Cycle workout plan #1 (25 pts)

Performance Testing (drills) –

Objective: Students will gain an in-depth knowledge on performance drills and demonstrate their skill by completing a performance test.

Homework: TBA

Week 10 (Oct. 27th-29th-31st, 2014):

2nd Cycle workout plan #2 (25 pts)

Objective: Students will begin at intermediate level of adaptation training.

Week 11 (Nov. 3rd-5th-7th, 2014):

2nd Cycle workout plan #3 (25 pts)

Objective: Students will increase adaption level.

Session 12 (Nov. 10th-12th-14th, 2014):

3rd Cycle workout plan #1 (25 pts)

Objective: Students will begin at upper level of adaptation training.

Week 13 (Nov. 17th-19th-21st, 2014):

3rd Cycle workout plan #2 (25 pts)

Objective: Students will increase adaption level.

Week 14 (Nov. 24th-26th-28th, 2014):

3rd Cycle workout plan #3 (25 pts)

Objective: Students will learn how to incorporate recovery workout plans.

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Week 15 (Dec. 1st-3rd-5th, 2014):

Performance and skill testing **(50 pts)**

Group workout **(30 pts)**

Objective: Student will incorporate partner training in workout regimens, mental recovery.

Week 16 (Dec 8th, 2014):

Final Exam (150 pts)

TBD