

**OXFORD COLLEGE of Emory University**  
**Division of Physical Education and Dance**  
**PE 100 Health/Conditioning**

**Instructor: Ms. Jane Hoffmeyer**

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**Office Hours: Monday/Wednesday/Friday: 8:30—9:30**

**Tuesday/Thursday: 10:15—11:15**

**\*or by appointment**

**Office: Gym 103 H**

**Fax: 770-784-4677**

**Course Description:**

This course provides information for the student to learn about and understand basic exercise science concepts, fitness components, and techniques for developing and maintaining a sound fitness program. A variety of methods will be used, such as, lectures, discussions, and exercises.

**Goals of the Course:**

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

1. Identify the components of physical fitness.
2. Assess and evaluate current level of physical fitness.
3. Demonstrate how to improve personal fitness.
4. Explore a variety of exercise programs.
5. The importance of nutrition as it relates to physical fitness.
6. Design and develop an individualized physical fitness program.
7. Improve and maintain personal fitness.

**Course Content:**

1. Class orientation and introduction
2. Getting fit
3. Healthy lifestyles
4. Individualized fitness program
5. Cardiorespiratory fitness
6. Muscular strength and endurance
7. Flexibility
8. Body Composition
9. Nutrition
10. Fitness safety

**Text:** Get Fit Stay Fit, by William E. Prentice, McGraw-Hill Publishers (2<sup>nd</sup> edition).

**Dress:**

Students are required to wear loose fitting sportswear: t-shirts, shorts, sweat pants, etc. Proper footwear is also required and is essential. Jeans will not be allowed in class except on lecture days. Failure to adhere to the proper dress will result in an absence.

**Attendance policy:**

Students are expected to attend class regularly and to be on time. Classes will begin at the appropriate time and tardiness and absences will be considered in your final evaluation. Students will be allowed two or three absences during the semester (three for MWF classes, and two for TTH classes). Students missing more than the allotted absences will have points deducted from the participation grade. **10 points will be deducted for the next three absences and 10 points will be deducted thereafter for every absence.** Students are expected to be punctual to class. Students entering class after attendance has been taken are considered tardy and **being tardy to class three times will equal one absence.**

**Honor code:**

Students are expected to adhere to the Oxford College Honor Code with reference to all matters relating to the evaluative process of this course.

**Course Evaluation:**

A = 90-100    B = 80 – 89.9    C = 70 – 79.9    D = 60 – 69.9    F = Below 59.9

A. Written Exams: (40%)

- |                |     |
|----------------|-----|
| 1. Chapter 1-2 | 10% |
| 2. Chapter 4-5 | 10% |
| 3. Chapter 6-8 | 10% |

The lowest grade will be dropped

- |               |     |
|---------------|-----|
| 4. Final Exam | 20% |
|---------------|-----|

B. Participation: (30%)

The activity component of this class is jogging. Participation in this component is 30% of the student's grade. Points are deducted from the participation grade for missing more than three classes. Refer to the attendance policy (above) for the amount of points deducted.

C. Fitness Program Design: (10%)

All students will design and five week personal fitness program according to Chapter 3 and lecture notes. It should focus on one main activity and add more depending on the student's time and ability. It should be 2-3 typed pages. The due date is listed on the class calendar.

D. Pre/Post Test—Fitness Improvement: (10%)

All students will participate in a fitness assessment at the beginning and at the end of the semester. It is expected that the student will show improvement by the end of the semester in each area assessed. If improvement is shown, the student will receive the entire 10%, if there is no change 7.5% will be received, and 5% if there is a decrease in fitness level.

E. Nutritional Analysis: (10%)

All students will do a nutritional analysis on their eating habits. Students will keep a three-day food/beverage log. The information from the log will be used to complete the nutritional analysis assignment. A website will be used to complete this assignment: <http://www.ag.uiuc.edu/~food-lab/nat>. The due date is listed on the class calendar.



**PE 100 Health/Conditioning**  
**Spring 2003**  
**Ms. Hoffmeyer**

W	1/15	Introduction	
F	1/17	Introduction	
M	1/20	HOLIDAY	
W	1/22	Lecture	Chapter 1-2
F	1/24	<b>Pre-test</b>	
M	1/27	<b>Pre-test</b>	
W	1/29	Lecture	Chapter 1-2
F	1/31	Jogging and activities	
M	2/3	<b>Exam 1, Chapter 1-2</b> and Lecture	
W	2/5	No class-SDAAHPERD Conference	Jog on your own
F	2/7	No class-SDAAHPERD Conference	Jog on your own
M	2/10	Jogging and activities	
W	2/12	Go over Exam 1 and Lecture	Chapter 4-5
F	2/14	Jogging and activities	
M	2/17	Jogging and activities	
W	2/19	Lecture	Chapter 4-5
F	2/21	Jogging and activities	
M	2/24	Jogging and activities	
W	2/26	<b>Exam 2, Chapter 4-5</b> and Lecture	
F	2/28	Jogging and activities	
M	3/3	Jogging and activities	
W	3/5	Go over Exam 2 and Lecture	Chapter 3
F	3/7	Jogging and activities, <b>Nutritional Analysis Due</b>	
M	3/10	SPRING BREAK	
W	3/12	SPRING BREAK	
F	3/14	SPRING BREAK	
M	3/17	Jogging and activities	
W	3/19	Lecture	Chapter 3, 6-8
F	3/21	Jogging and activities	
M	3/24	Jogging and activities	
W	3/26	Lecture	Chapter 6-8
F	3/28	Jogging and activities	
M	3/31	Jogging and activities	
W	4/2	Lecture	Chapter 6-8
F	4/4	Jogging and activities	
M	4/7	Jogging and activities	
W	4/9	Lecture and <b>Due date for paper</b>	Chapter 6-8
F	4/11	Jogging and activities	
M	4/14	Jogging and activities	
W	4/16	<b>Exam 3</b> and Lecture	
F	4/18	Post-test	
M	4/21	Post-test	
W	4/23	Lecture	Chapter 9-10
F	4/25	Review for Final	
M	4/28	<b>Final Exam</b>	

**Adjustments in the calendar may be necessary due to unforeseen circumstances**