Office Hours
Monday/Wednesday/Friday - 10:00 - 11:00
Tuesday/Thursday – 1:00 – 2:00
Also by appointment

COURSE DESCRIPTION: This course is a survey of health and fitness topics with a focus on cardiovascular training. Related topics will include flexibility, strength training, injury, stress management, nutrition and weight control.

COURSE OBJECTIVES: Students will:
1. Practice cardiovascular training by participating in aerobic workouts in class.
2. Develop an understanding of basic health and fitness information.
3. Develop an understanding of selected exercise risk reduction habits.

TEXT: Aerobic Movement (second edition) - Dr. Richard Shappell

DRESS: Aerobic shoes or cross trainers are required for this class. Running shoes are not designed for this activity. Clothing should be nonrestrictive and appropriate for the classroom. Failure to conform to the dress code will result in a penalty absence.

COURSE REQUIREMENTS AND GRADING SYSTEM:

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

25%	Midterm	a written exam on the material covered before the midterm
10%	Practical	an evaluation of body alignment and exercise technique
5%	Lab Quiz	a written exam covering chapter 8, the lab material discussed in class and the lab experiment
25%	Final	a written exam on the material covered in class after the Lab Quiz
35%	Participation	an evaluation of daily participation throughout the semester

*** See attendance policy on the back of this syllabus ***

The Oxford College Honor Code applies and is respected in this class.

ATTENDANCE: You are responsible for what is covered in every class. Two absences are permitted without penalty. In a case of minor illness an alternate sedentary assignment will be available for you to do in class.

LATE ARRIVALS: Late arrivals will be recorded and, if repeated, will result in a grade penalty or the loss of the benefit of the doubt. (see below) If class has started then I have already taken attendance. You are responsible for correcting your attendance record with me _after_ class.

BENEFIT OF THE DOUBT: If you have followed the course expectations and you are on the borderline between one grade and another I will assign you the higher grade. If you do not have such a worthy record you will have lost the benefit of the doubt and will receive a grade based on your average no matter how close you are to the higher grade.

RELIGIOUS HOLIDAYS: Religious holidays approved by Emory University may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday.

EXTENUATING CIRCUMSTANCES: If you find yourself in an extenuating circumstance it is your responsibility to make an appointment with me as soon as possible to discuss your situation. There are no excused absences beyond the two that are provided but make-up work may be offered at my discretion. I will not offer make-up work if too much time has passed between your absence(s) and our meeting. If you have a physical situation that requires an adapted syllabus it is essential that you provide specific information from a medical professional immediately explaining what activities are prohibited.

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PARTICIPATION GRADE: 35% of your grade will be based on participation. I will determine this grade with the following method. At the end of the semester the number of days this class has met will establish the point scale. Points will be deducted at an increasing rate for every class missed above the two permitted. These penalty absences will result in an increasing loss of points for each one at the rate of 2, 4, 6, 8, 10 and so on.

EXAMPLE: If at the end of the semester we have met 27 days the point scale will be 27. If a student has missed 8 classes:

6 minus the 2 permitted = 4 penalty absences (points will be deducted for these absences)

Point scale of 27 (-2, -4, -6, -8) = 7 points

A conversion formula will determine the final 35% participation grade

$$\frac{7}{27} = \frac{X}{35} \qquad 7 \times 35 = 245$$

245 divided by 27 = 9   This student will receive 9 out of 35 on Participation.

Please note that this automatically gives the student a C before any other grades are factored in. When students miss this many classes it is usually reflected in their other grades as well.