

Auburn University
Department of Kinesiology
PHED 1420 – Section 001 – Fall 2012
Meeting Place: TBD

Instructor: Braden Romer, MSc, CSCS

My Email: bhr0002@auburn.edu

Office: Rm. 1127 Beard Eaves Memorial Coliseum

Office Hours: MW 9:00-11:00am
(or by appointment)

Class Time: Tuesday/ Thursday 12:30-1:45pm

Credit Hours: 2

PAWP Coordinator: Jared Russell, PhD, russej3@auburn.edu

Course Objective: The goal of this course is to teach the basic and team concepts of flag football, but not limited to, basic fitness for participation, injury prevention, and various play calling methodology.

Proper Attire/Equipment: Proper attire includes athletic shoes, t-shirts, and athletic shorts/pants. “Street clothes” are not acceptable clothing and if worn will result in an absence and loss of points. If you have any question about what is acceptable please ask me.

Attendance: Attendance is required and will be taken at the start of every class, every day.

Participation: Participation in the daily activities is required. Proper attire is also required every day. Failure to wear proper attire, showing up more than 10 minutes after the start of class, behaving inappropriately, etc. will result in an inability to participate for the day, thus resulting in lost participation points.

Physical Activity and Wellness Program (PAWP) Attendance Policy

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
- b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class.

Exceptions to this policy due to extreme circumstances are only permitted with the professor's timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor's discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University's policies concerning attendance, absences, academic honesty, and make-up work as found in the *Auburn University Student Policy eHandbook*. The URL is www.auburn.edu/studentpolicies.

ONLINE TEXTBOOK AND TRACKING SYSTEM FOR PHED COURSES

Instructions for Students

1. Log onto http://mhlearningsolutions.com/Auburn_health/login.php
2. Click on student registration
3. Complete registration information.
 - a. The card code will be on the card you purchased from the bookstore.
4. **Click on Fall Football #66.**
5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: Jogging for Fitness Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.
6. The "My Activity Profile" tab allows you to set goals, log your exercise program and track your progress.
7. At the top of the page you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.
8. Please log onto and register by **Friday, September 28, 2012.**
9. All assessments should be completed by **Saturday, November 9, 2012.**

STATEMENT of STUDENT ACCOMMODATION

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

Electronic devices: Please turn off your cell phones before coming to class.

Quizzes/Assessments: Quizzes and assessments will be given throughout the semester to assess knowledge and progression. All quizzes and assessments will follow the provided schedule.

Final Exam: A final exam (non-cumulative) will be given at the assigned time during finals week according to the university website. The date/ time is subject to change so please check the university website closer to finals time.

Missed Exams/Assignments: Students who miss class without a University approved excuse will be given a zero for the work required for that day, including missed exams, quizzes, and assignments. If you know that you are going to miss class, please contact me ahead of time.

E-mail: TigerMail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for this information, so please check your account regularly.

AU eValueate Dates: Course evaluations semester evaluation dates are:

- A. Open: November 29th, 2012 (8am)
- B. Close: December 2nd, 2012 (11:59pm)

CONTINGENCY PLAN

If normal class and/or lab activities are disrupted due to a high number of students experiencing illness or an emergency or crisis situation (such as a widespread H1N1 flu outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. Additionally, course content and assignments may be made available to you via Blackboard.

Honesty Code: The University Academic Honesty Code and the [Student Policy eHandbook](http://www.auburn.edu/studentpolicies) (www.auburn.edu/studentpolicies) pertaining to cheating and plagiarism will apply to this class.

Grading

Assignments/Quizzes/ Exams:	40%
Portals/ Modules:	50%
Participation	10%

Grading Scale

A= 90-100
B=80-89
C=70-79
D=60-69
F=0-59

Important Dates:

August 15	First day of class
Sept 3	Labor Day (No Classes)
Nov 9	Portal Assessments due
Nov 19 – 23	Thanksgiving Break
Nov 30	Classes End
Dec 3 - 7	Final Exam (TBD)

Schedule:

Week 1 – Aug 16	Go over Syllabus, Introduction to Flag Football
Week 2 – Aug 20	Rules & Set-up of Softball, Syllabus Quiz Due
Week 3 – Aug 27	Basic Skill Development
Week 4 – Sept 3	Basic Skill Development
Week 5 – Sept 10	Variations of the Game Lectures
Week 6 – Sept 17	Team Tournaments
Week 7 – Sept 24	Team Tournaments
Week 8 – Oct 1	Team Strategy Development
Week 9 – Oct 8	Team Strategy Development
Week 10 – Oct 15	Flag Football Variations
Week 11 – Oct 22	Demands of the Game/ Flag Football Variations
Week 12 – Oct 29	Flag Football Variations
Week 13 – Nov 5	Team Tournaments
Week 14 – Nov 12	Team Skill Development
Week 15 – Nov 26	Team Tournaments / Flag Football Variations
Week 16 – Dec 3	Team Tournaments / Review