

Auburn University
Department of Kinesiology
PHED 1200 – Section 002 – Fall 2012
Memorial Coliseum 2040

Walking

Instructor: Jeffery Clark

My Office: Memorial Coliseum 2050

My Email: jzc0055@auburn.edu

Office Hours: Tuesday 10:00a-1:00pm

Class Time: MWF 8:00am-8:50am

Credit Hours: 2

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

Course Objective: PHED 1200 is a course designed to personalize an walking program, by including instruction concerning the benefits of fitness walking, clothing, equipment safety, and correct walking technique. The goal of this course is to teach the basic concepts in walking as a fitness activity.

Texts or Major Resources:

A. This PHED course will utilize an on-line e-textbook (*McGraw-Hill Tracking Portal*). You must purchase a code from the bookstore or on-line, if you prefer. The *Tracking Portal* e-textbook contains all the course content, assessments and behavior change activities for the PHED course that you are teaching. IF YOUR COURSE does not require this e-textbook your instructor will notify you. Below are instructor and student instructions.

Once you purchase the code, follow the directions provided below and register for your class by

Tuesday, August 30, 2011.

Instructions for logging into the Tracking Portal:

1. Log onto http://mhlearningsolutions.com/Auburn_health/login.php
2. Click on student registration
3. Complete registration information. A course code will self-populate at the completion of registration.
 - a. BE SURE TO INPUT THE CORRECT CODE FROM YOUR INSTRUCTOR TO ENSURE YOUR GRADES ARE CORRECT
 - b. The card code will be on the card you purchased from the bookstore.
4. 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: **Cardioresp Fitness: Walking Fit - 18152 - PHED 1200 - 002**. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester. ****All portal assignments will be due at the mid-semester mark. This counts as 30% of your grade.****
5. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.

6. 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.

7. Please log onto and register by **Tuesday, August 30, 2011.**

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 5 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.

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)."

AU eEvaluate Dates

Course evaluations: AU eEvaluate's Fall semester evaluation dates are:

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

Electronic devices: Please turn off your cell phones before coming to class. If you are expecting an important phone call, please let me know before the class begins.

Quizzes/Assessments: Quizzes and assessments will be given throughout the semester to assess knowledge and progression. All quizzes and assessments will be announced ahead of time. Reminder: The portal assignments are a total of 30% of your final grade and are due by the mid-semester mark for all registered students.

Final Exam: A final exam (non-cumulative) will be given at the assigned time during finals week according to the university website. This date is set now for Friday, December 9 from 12:00 (Noon)-2:30pm. This date 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: Tiger Mail 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.

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 Honesty Code and the URL is www.auburn.edu/studentpolicies and Regulations pertaining to Cheating and Plagiarism will apply to this class. See the Student Academic Honesty Code

Course Objectives:

1. Be able to perform basic motor skills of fitness walking.
2. Become familiar with fitness walking tests.
3. Gain knowledge about beginning a walking program.

4. Identify and determine target heart rate zone.
5. Be able to monitor their heart rate (HR)
6. Be able to describe the benefits of fitness walking on a written test.
7. Display a basic knowledge of walking fitness
8. Be able to identify and discuss fitness components

Grading		Grading Scale
Quizzes:	10%	A= 90-100
Online Assignments:	30%	B=80-89
(Portal)		
Exams:	40%	C=70-79
Participation	20%	D=60-69
		F=0-59

Important Dates:

August 16	First day of class
September 3	Labor Day (NO CLASS)
October 5	Mid-semester
November 19-23	Thanksgiving Break (NO CLASSES)
November 30	Classes End
December 3-7	Final Exam

Schedule:

8/17	Go over Syllabus, Introduction to Walking
8/20-24	Walking Safety/Syllabus Quiz
8/27-30	Walking as a Fitness Activity/Physical Assessment
9/3-7	Types of Walking
9/13-14	Importance of a Healthy Lifestyle
9/17-21	Five components of Health Related fitness
9/24-28	Aging and Exercise
10/1-5	Review/ Exam ** All Online Portal Assignments Due**

10/8-12	Benefits of Walking
10/15-19	Guidelines to Improve Flexibility
10/22-26	Walking Programs
10/29-11/2	Cardiovascular Guidelines for Fitness Walking
11/5-9	Muscular Strength and Endurance
11/12-16	Body Composition and Weight Management
11/19-23	Thanksgiving Break/ No Class
11/26-30	Final Assessment/ Review
12/3-7	Final Exam

***Schedule is subject to minor changes; you will be notified in advance if changes are made.**