**AUBURN UNIVERSITY**

**SYLLABUS**

**1. Course Number: 18176 PHED 1200 003**

**Course Title:** Cardiorespiratory Fitness: Walking

**Credit Hours:** 2.000 HRS

**2. Term:** Fall 2012

**Day/Time:** MWF 3:00-3:50 PM

**Instructor:** Bridget Peters

**Office Address:** Memorial Coliseum Room 2130

**Contact Information** bap0019@auburn.edu

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

**Office Hours** Walk In and/or by appointment

**3. Texts or Major Resources:**

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.

***nstructions 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 6 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, and conceptual core: **Cardioresp Fitness: Walking Fit - PHED 1200 - 003**.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. 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.

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

**5. Student Learning Outcomes:**

**The student will:**

1. Be able to perform basic motor skills and techniques of fitness walking.

2. Become familiar with fitness walking tests.

3. Gain knowledge about beginning a walking program safely.

4. Identify and determine target heart rate zone, rate of perceived exertion.

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 flexibility.

**6. Course Content Outline:**

**August 17: Review Course Syllabus and Questions**

**August 20-24: Exercise Terms and Definitions**

**August 27-31: Physical Activity Benefits**

**September 3-7: Physical Activity Recommendations**

**September 10-14: The FITT Principle**

**September 17-21: Goal-Setting and Exercise**

**September 24-28: Time Management and Exercise**

**October 1-5: Motivation and Exercise (Midterm Exam)**

**October 8-12: Behavior Change Recap**

**October 15-19: Social Support and Exercise (Portal Assignments)**

**October 22-26: Preparing and Recovering**

**October 29-Nov 2: Monitoring Heart Rate**

**November 5-9: Dietary Options**

**November 12-16: Supplementation**

**November 26-30: Exercise Myths**

**7. Course evaluations: AU eValuate’s Fall semester evaluation dates are:**

* 1. Open: November 29th, 2012 (8am)
	2. Close: December 2nd, 2012 (11:59pm

1 AU policy regarding final exams: Final exams should be administered during the hours specified in the semester examination schedule. Due to the specialized nature of many small upper-level undergraduate courses and graduate courses, deviation from this supplement is sometimes warranted. Such deviations are to be approved by the Office of the Provost . Rescheduled examinations must not interfere with the scheduled academic activities of the students involved. The professor teaching a 6000-level course or higher shall determine whether a formal final examination is appropriate.

**8. Assignments/Projects:**

1. **Syllabus Quiz:** Brief quiz clarifying that the student has read and understand the course syllabus and what is expected of them throughout the semester.

2. **Activity Log:** A tool to assess and promote healthier habits while enrolled in the class, and to hopefully promote future behaviors that reflect a healthier life style. Located on the portal website, there will be brief diary logs to fill out, which will correspond to the chapter in the e-textbook

3. **Online Portal:** Consists of six chapters based on walking skills and exercise essentials. Each chapter will be followed by a quiz.

4. **Midterm:** A timed exercise activity.

5**. Final:** A written exam corresponding to the information on the portal website(e-textbook) and also a timed exercise activity.

**9. Rubric and Grading Scale:**

|  |  |
| --- | --- |
| **Assignments**  | **Percentage**  |
| **Attendance/Participation**  | 5 |
| **Syllabus Quiz** | 10 |
| **Activity Log**  | 30 |
| **Online Portal** | 30 |
| **Midterm Exam / Final Exam**  | 25 |
| **Total Percentage** | 100 |

**Grading Scale** (Final grades will be based on the following point system):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

**9. Class Policy Statements:**

**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.

**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.

**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

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

B. **Excused and Unexcused Absences:**

 **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:

1. 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
2. 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](http://www.auburn.edu/studentpolicies).

**D. Academic Honesty Policy:** All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**E. Accommodations Statements:** "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)."

**F. Course contingency:** If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

G. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below: o Engage in responsible and ethical professional practices

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality