

**AUBURN UNIVERSITY  
SYLLABUS**

**Course Number:** PHED 1300-001

**Course Title:** Fitness & Conditioning: Strength & Flexibility

**Credit Hours:** 2 credit hours

**Term:** Fall, 2012

**Day/Time:** MWF 2-2:50pm

**Instructor:** Michelle Vaughn

**Office Address:** 2077 Beard Eaves Memorial Coliseum

**Contact Information:** [vaughma@auburn.edu](mailto:vaughma@auburn.edu)

**Office Hours:** MW 12:00pm-1:00pm (By email)

TR 2:00pm-3:30pm (By email)

**Course Description:**

This course is design to increase physical fitness through aerobic and muscular endurance training. It will also introduce the student to proper weight training techniques and to basic programming principles related to health and performance.

**Student Learning Outcomes:**

- Safely operate cardio and strength training equipment, with proper exercise form and a working knowledge of cardio training methods.
- Demonstrated and applied the FITT Principles and how they relate to successful skill performance, and define the components of fitness.
- Assess personal fitness levels and set goals for improvement by designing a fitness plan that promotes lifelong health and fitness.
- Demonstrate efficiency in cardiovascular fitness, muscular strength and endurance, and flexibility.

**Course Content Outline:**

<b>Weeks #</b>	<b>Activity/Lecture</b>	<b>Comments</b>
1	Introduction to Fitness and Cond Strgth & Flex	
2	Fitness/Strength/Flexibility Pre-test an Body composition	<b>DUE- ASSESSMENT 1</b>
3	Technique, Goals, Expectations, and Safety	
4	Exercise Program 1: Chest, Triceps, and Shoulders	
5	Floor Core Strength	
6	Circuit Strength/ Flexibility	
7	Designing a exercise program	

8	Exercise Program 2: Back, Biceps, and Legs	<b>MIDTERM EXAM</b>
9	Obesity, weight control and long term dieting.	<b>DUE: PROJECT</b>
10	Substance use and abuse/ Exercise Program 3: Chest, Triceps, and Shoulders	
11	Exercise Program 4: Abdominals/Flexibility	
12	Circuit Strength/ Conditioning	
13	Fitness/Strength/Flexibility Post-Test- Student	
14	Fitness/Strength/Flexibility Post-Test- Student	<b>DUE- ASSESSMENT 2</b>
15	THANKSGIVING BREAK	<b>NO CLASS</b>
16	Review for Final Exam	<b>Final Exam: Dec 7- 4:00pm- 6:30pm</b>

## 7. Assignments/Projects:

**Assessments:** Twice in the semester a skill assessment will be given to chart the improvement in skill level throughout the semester.

**Exam:** There will be one exam given during the semester. The exam will be over material covered during lecture and will be done during **FINAL EXAM PERIOD**.

**Class Project:** The student will be required to complete a project for a grade. The project will consist of designing a complete workout with detailed explanation of each of its components, and implementing it during a class. Additional information will be given as the project deadline nears.

**Electronic devices:** Please turn off your cell phone before class. If you are expecting an important call, please let me know before class. If you are working on an electronic device during class, you will be counted as absent.

## Grading Scale:

### Grading base on:

**Participation** 70%  
**Assessments:** 2x5=10%  
**Exam:** 1x10=10%  
**Project:** 1x10=10%

### Grading Scale

**A= 90-100**  
**B=80-89.9**  
**C=70-79.9**  
**D=60-69.9**  
**F=0-59.9**

## Important Dates:

Aug. 16	Classes Begin
<b>Sept. 3</b>	<b>Labor Day</b>
Sept. 6	15th Class Day
<b>Oct. 5</b>	<b>Mid-Semester (36th Class Day)</b>
Oct. 12	41st Class Day

<b>Nov. 19-23</b>	<b>Thanksgiving Break</b>
<b>Nov. 28- Dec. 2</b>	<b>AU eValue Fall Semester evaluation</b>
Nov. 30	Classes End
Dec. 1-2	Study/Reading Days
<b>Dec. 6</b>	<b>Final Exam 4:00pm-6:30pm</b>

### **Attire and Conduct:**

Students must wear athletic clothing such as shorts and a T-shirt, sweats, and other standard athletic garments. Sports bras or garments that expose the midriff will not be allowed according to University policy. "Street clothes" such as jeans will not be allowed for your safety. There will be no exception to the dress code policy.

Students who violate any of the rules and regulations of the class will not be allowed to participate and will be marked absent for the day. Failure to meet these expectations can result in lowering of the letter grade or possible failure of the class.

**Medical Considerations:** It is the student's responsibility to inform the instructor of any medical conditions or allergies that may affect class participation or performance.

## **9. Class Policy Statements:**

### **A. Physical Activity and Wellness Program 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](http://www.auburn.edu/studentpolicies).

### **AU BULLETIN EXCUSED ABSENCE POLICY**

"Arrangement to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Student Policy eHandbook) shall be initiated by the student within one week from the end of the period of the excused absence. Normally, a make-up exam shall occur within two weeks from the time that the student initiates arrangements for it... Instructors are expected to

excuse absences for:

- a. Illness of the student or serious illness of a member of the student's immediate family.  
**The instructor may request appropriate verification.**
  - b. The death of a member of the student's immediate family. **The instructor may request appropriate verification.**
  - c. Trips for members of the student organizations sponsored by an academic unit, trips for University classes and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. **Instructors may request formal notification from appropriate University personnel to document the student's participation in such trips.**
  - d. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.
  - e. Subpoena for court appearance. **The instructor may request appropriate verification.**
- B. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Student Policy eHandbook* 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.
- C. Disability Accommodations: 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).
- D. 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, an addendum to your syllabus and/or course assignments will replace the original materials.
- E. 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:
- Engage in responsible and ethical professional practices
  - Contribute to collaborative learning communities
  - Demonstrate a commitment to diversity
  - Model and nurture intellectual vitality

**\*\*\*The above schedule and procedures in this course are subject to change at the discretion of the instructor**