**AUBURN UNIVERSITY**

**SYLLABUS**

**1. Course Number: PHED 1800**

**Course Title:**

A. Varsity Sport Strength and Conditioning

**Credit Hours:**

B. 1 credit hour

C. LEC 1:1

**Prerequisites:** Must be affiliated with the Varsity Team in current term

**Co-requisites:** Must be affiliated with the Varsity Team in current term

**2. Term** Fall 2012

**Day/Time** TBD

**Instructor: Kevin Yoxall**

**Office Address: 392 South Donahue Dr.**

**Contact Information: (334)844-9876**

**Office Hours: By Appointment**

**3. Texts or Major Resources:**

A. No text required

**4. Course Description:** Skills and training associated with strength and conditioning in varsity sports.

**5. Student Learning Outcomes:**

A. Students should be able to function as part of a team and coordinate their school schedules with their responsibilities as a member of their Athletic Team.

B. Basic techniques for Varsity Strength and Conditioning

**6. Course Content Outline:**

Week 1 – 8/16/12 – Attend 1 hour scheduled practice

Week 2 – 8/20/12 – Attend 1 hour scheduled practice

Week 3 – 8/27/12 – Attend 1 hour scheduled practice

Week 4 – 9/3/12 – Attend 1 hour scheduled practice

Week 5 – 9/10/12– Attend 1 hour scheduled practice

Week 6 – 9/17/12– Attend 1 hour scheduled practice

Week 7 – 9/24/12– Attend 1 hour scheduled practice

Week 8 – 10/1/12– Attend 1 hour scheduled practice

Week 9 – 10/8/12– Attend 1 hour scheduled practice

Week 10 – 10/15/12– Attend 1 hour scheduled practice

Week 11 – 10/22/12– Attend 1 hour scheduled practice

Week 12 – 10/29/12– Attend 1 hour scheduled practice

Week 13 – 11/5/12– Attend 1 hour scheduled practice

Week 14 – 11/12/12– Attend 1 hour scheduled practice

Week 15 – 11/19/12– Attend 1 hour scheduled practice

Week 16 – 11/26/12 – Final (2 Hours scheduled practice)

**7. Assignments/Projects: Mandatory Attendance** of a scheduled practice

 **for 1 hour per week**

**8. Rubric and Grading Scale: Final grade will be calculated using weekly attendance**

**9. Class Policy Statements:**

*Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.*

A. Attendance: No more than 5 missed practices. More than 5 will result in an Unsatisfactory Grade. Students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

B. Excused absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.

C. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Instructor/Term Specific Syllabi: COE Guidelines, updated 11/20/2009 5

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. Disability Accommodations: Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should arrange for a confidential meeting with the instructor during office hours in the first week of classes (or as soon as possible if accommodations are needed immediately). The student must bring a copy of their Accommodations Letter and an Instructor Verification Form to the meeting. If the student does not have these forms, they should make an appointment with the Program for Students with Disabilities, 1288 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.

*In addition, to the university recommended statements noted above, College of Education syllabi are to include the following statement:*

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

**Note: A justification for graduate credit for graduate courses does not need to be included on instructor/term specific syllabi.**