

Bulletin Description: Basic concepts associated with exercise participation, nutrition, stress reduction and proper sleep. Introduction to campus opportunities for health promoting behaviors.

Credit Hours: 2

Instructor(s):

Brooks Mobley, Graduate Teaching Assistant
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Schedule for Course:

Mondays/Wednesdays 10-10:50 AM or 2-2:50 PM

Tuesdays/Thursdays 8-8:50 AM or 10-10:50 AM or 2-2:50 PM

1 additional Campus Recreation Group Fitness Class (student's choice) during weeks 1-7

2 additional Campus Recreation Group Fitness Classes (student's choice) during weeks 8-16

*Do not attend the same class twice a week; aim for cardio flexibility, and strength with variation

Classroom: Student Act 207/ Rec and Wellness Tiger Room

Course Prerequisites: Freshman; first semester on AU campus; living on campus

Required Text/Materials:

- Group Fit Pass for Campus Recreation Activities (cost \$25 with Freshman Fit discount)
- IRB Consent Form signed by parent and student for participation in research study

Course Objectives:

- Students will be introduced to multiple aspects of physical activity and exercise via Campus Recreation's Rec and Wellness Center orientation.
- Students will gain knowledge of resources available to them regarding fitness, nutrition, and stress management while enrolled at Auburn University.
- Students will gain knowledge of basic skills for physical fitness such as the squat, lunge and push up
- Students will gain knowledge of self-monitoring techniques and behavior change principles.
- Students will gain knowledge of healthful meal components, mindful eating, goal setting skills, sleep hygiene skills, and stress management skills.

Disclaimer: Students understand that by enrolling in this course the data from their assessments will be used in a research study at Auburn University. All identifying information relating the data back to the student will be kept confidential while coding data and destroyed immediately upon coding completion.

Required Attire: Students are expected to be dressed appropriately and modestly for exercise, which includes proper pants/shorts, shirts, and footwear. At varying times and activities, different attire may be required. Check with your instructors for this information on a weekly basis.

Description of Teaching Methods and Learning Experiences**A. Reading Assignments**

- a. All readings are completed in Canvas.
 - i. See the tentative class schedule.
 - ii. All reading quizzes are due by Sunday 11pm before new material opens for the next week's topic.
 - iii. Additional reading assignments may be given throughout the course and will be made available online.

B. Approaches Used for Learning Assessment:

- a. Instructor observation and feedback during activities
- b. Completion of online readings and listening to presentations in Canvas

C. Methods of Student Evaluation/Grading

- a. Online assessments in Canvas
- b. Full participation and completion of consent forms; questionnaires and surveys; physical, body composition, and fitness assessments to include indirect calorimetry, body composition the wearing of step pedometers/accelerometers and sleep measurement devices at the beginning and end of semester.

Grading Policy:	Canvas Readings and Quizzes	100 points
	Participation and Attendance	100 points
	Assessments* (administered 08/13 and 12/13 and other dates TBD)	200 points

***Both assessments must be completed in entirety to receive credit or student will receive a grade of zero.**

Grading Scale:

A = 90 - 100% B = 80 - 89.95% C = 70 - 79.95% D = 60 - 69.95% F = below 59.95%

Class Attendance

Attendance is mandatory; students are expected to demonstrate commitment by attending all classes in their entirety. Students are expected to pay attention to instructors/activity leaders and not distract from other students' learning processes. Students are held responsible for all information in each class. Attendance will be taken at each class. If you enter class late, do not be disruptive but receive instruction privately when appropriate and begin participation as soon as safely able to do so. Cell phone, tablet, and laptop usage is prohibited in regards to text messaging, emailing, and browsing the internet during class time. If you have an emergency or are expecting a phone call, speak with the instructor before the start of class. Remove headphones and earpieces prior to entering class and do not use them during class unless needed for hearing aids; discuss this with the instructor prior to use.

Late Work and Absences

Missed work may be made up only with a University approved excuse. Online assignments at the end of each week's curriculum completed after the due date on the schedule provided are subject to a late penalty Points will be deducted as such: 10 point reduction for every day late up to three days. If a student is absent from class, it is up to the student to speak with the instructor about his/her absences. Students with an approved excuse who have not completed an assignment and not contacted the instructor within one week after the scheduled due date will receive a zero for the assignment.

Assessments

The assessments that you complete at various points in the semester will count as your final exam grade. This will require your full participation throughout the semester to receive a grade. These assessments include surveys completed online (Baseline), wearing a pedometer, wearing a sleep measuring device, submitting a 3 day food journal at three different times, completing physical fitness tests, as well as body assessments such as FitMate indirect calorimetry, as well as BIA, and iDXA.

- Metabolic assessments will occur in the new Rec and Wellness Center under the supervision of Mrs. Jessica-Lauren Newby (main point of contact).
- Fitness assessments, and structured class times (section times) will occur in the new Rec and Wellness Center under the supervision of your section instructor (Susannah, Pam, Olivia, Christy, Ethan, and John; main points of contact).
- InBody BIA and iDXA assessments will occur in the new School of Kinesiology building with Mr. Brooks Mobley (main point of contact).

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)."

Academic Honesty and Conduct

All portions of the Academic Honesty code on <https://fp.auburn.edu/studentaffairs/policies.aspx> apply.

Diversity

Auburn University is committed to providing a working and academic environment free from discrimination and harassment and to fostering a nurturing and vibrant community founded upon the fundamental dignity and worth of all its members.

Contingency Plan

If the normal schedule is disrupted, the syllabus and other course plans may be modified to allow for completion of the course. Your instructor is aware that things may arise and affect the course of work as a class; in that case, your instructor will provide an addendum to your current syllabus with revised course assignments which will then replace this syllabus.

TENTATIVE SCHEDULE

Week in Semester	Topic	Textbook	Assignment Due Dates
Week 1 8/21-8/23	Orientation to course and expectations; Team Building		Baseline Assessments 1-5 & Friday night, August 30th ; Physical Assessments by Tuesday night, September 3rd
Week 2 8/26-8/30	Functional Movement Screening	Preparing & Recovering from Exercise	Attend one RWC fitness class
Week 3 9/2-9/6	Labor Day- No Monday Classes Campus Recreation Facility Orientation/Skills Building "The Squat"	Health Benefits	Quiz 2 in Canvas Attend one RWC fitness class
Week 4 9/9-9/13	Cardio Equipment/Indoor Cycling/Skills Building "The Squat with Load and Power"	Fit Principle	Quiz 3 in Canvas September 15th Attend one RWC fitness class
Week 5 9/16-9/20	Strength Equipment/TRX/Skills Building "The Plank"	Behavior Change	Attend one RWC fitness class
Week 6 9/23-9/27	Strength Equipment/Kettlebell/ViPR/ Skills Building "The Lunge"	Behavior Change	Quiz 4 in Canvas Attend one RWC fitness class
Week 7 9/30-10/4	Aquatics/ Skills Building "The Push-up"	Nutrition	Weigh-In at RWC (TBD) Attend one RWC fitness class
Week 8 10/7-10/11	Climbing Walls/ Skills Building "Adding Power" **Beginning this week, your class will meet at the assigned time only once per week**	Nutrition	Quiz 5 in Canvas *Beginning this week, you are required to attend two RWC fitness classes in addition to your class section time which now meets once weekly.
Week 9 10/14-10/18	Yoga/Skills Building "Triceps Extension" Special Guest for Stress Reduction Techniques	Stress Reduction	Quiz 6 in canvas October 20th Attend 2 RWC fitness classes
Week 10 10/21-10/25	Boot Camp/Circuit Training/Skills Building "Rotation"	Sleep	Quiz 7 in canvas Attend 2 RWC fitness classes
Week 11 10/28-11/1	Team Sport/Skills Building Review – Lower Body		Attend 2 RWC fitness classes
Week 12 11/4-11/8	Team Challenge - Skills Review		Attend 2 RWC fitness classes
Week 13 11/11-11/15	Game Day – Skills Review		Attend 2 RWC fitness classes

Week in Semester	Topic	Textbook	Assignment Due Dates
Week 14 11/18-11/22	Replay: Class Favorites		Attend 2 RWC fitness classes
Week 15 11/25-29	Thanksgiving Break- No Classes		
Week 16 12/2-12/6	Stress Reduction Activities and Final Examination Part 1 Special Guest for Stress Reduction Techniques		Final Examination Part 1: Completion of all online survey assessments for research component in Baseline Attend 2 RWC fitness classes
Week 17 12/9-12/13	Final Examination Part 2		Physical Assessments via Campus Recreation Fitness and Nutrition Services, Kinesiology BIA and DXA by Friday, December 13th