

**AUBURN UNIVERSITY
DEPARTMENT OF KINESIOLOGY
PHED 1220 Fall 2013
CARDIO-RESPIRATORY FITNESS: CIRCUIT TRAINING**

Day/Time: Section 001: MWF 3:00 – 3:50 am

Room: Memorial Coliseum 2092

Instructor: Erin Epstein

Contact Information: eee0007@auburn.edu

Office Hours: Tue. –Thurs. 1:00 pm – 3:00 pm, New Kinesiology
Building Room 238 (other times available by appointment)

Credit Hours: 2 semester hours (Lec. 1, Lab. 2)

Prerequisites: None

Co-requisites: None

Physical Activity Wellness Program Coordinator:

Dr. Jared Russell

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(334) 844-1429

Course Description:

This course is designed to introduce students to basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning and muscle endurance in circuit training.

Student Learning Outcomes:

Upon completion (and engaged participation) of the course, students should be able to:

- I. Identify the benefits of circuit training and differences from other common types of exercise
- II. Demonstrate improvements in at least one (1) component of fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and/or body composition)

Textbooks/Major Resources:

Canvas:

Canvas™ is an online learning management system devised to aid students and teachers in education. It will be used in this course to access assignments, quizzes, exams, grades, and the syllabus. Please become familiar with Canvas as it will be of great importance to your success in this course. <https://auburn.instructure.com>

Contact the Instructional Multimedia Group or Office of Informational Technology for assistance: <http://www.auburn.edu/img>

Portal:

This course will also utilize an on-line e-textbook (McGraw-Hill Tracking Portal). You must purchase a code from the AU Bookstore or on-line, if you prefer. Once you purchase the code, follow the directions provided below.

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. The card code will be on the card you purchased from the bookstore.
4. Click on **PHED 1220 Circuit Training**
5. On the left tool bar are 6 modules: 1 – Exercise Vocabulary, 2 – Health Benefits, 3 – The FITT principle, 4 – Behavior Change, 5 – Preparing & Recovering from Exercise, and 30 – Conceptual Core: Circuit Training. Each module has an assessment at the end that will count towards your grade this semester. The first 5 modules must be completed by **September 30, 2013**. The last module (#30 – Conceptual Core: Circuit Training) must be completed by **October 31, 2013**.
6. The "My Activity Profile" tab allows you to set goals, log your exercise program and track your progress. Completion of this specific module will count for extra credit towards your final grade.
7. 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.
8. Please log onto and register **AS SOON AS POSSIBLE!**

*Please note that failure to complete Portal assignments by the specified closing dates will result in no points for the assignment.

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 instructor'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.

***Instructors Notes:**

Attendance will be taken **every day** without exception. On occasion when the instructor is away (e.g., at a conference) another instructor will teach and **attendance will still be taken**.

Tardiness is defined as showing up to class more than **15 minutes late**. Classes are only 50 minutes in duration and it is important that distractions (due to student tardiness) are limited, and all students perform a complete warm-up as well as watch movement demonstrations to reduce the chances of injury during exercise.

Appropriate participation is defined as sufficient preparation (appropriate clothing, water, etc.) and engaging in the class activity to the satisfaction of the instructor. **Make it worth your while!**

Flat athletic shoes (preferably stable, cushioned running shoes with non-marking sole) and athletic clothing (active shorts, t-shirts, sweats, etc.) must be worn at all times. Street clothes (jeans, dresses, hats, etc.), excessively revealing attire, clothing with rivets or buckles, heavy jewelry, shoes with open toes or heels, boots, etc. are unacceptable. The use of electronic devices (e.g. cell phones) is also prohibited during class time. It is **strongly recommended** that students bring bottled water to drink during class as there will be no "water breaks" to leave the room during the activity.

Students who fail to meet the aforementioned requirements will not be allowed to participate and **will lose participation points** resulting in a lowering of the overall grade.

Course Content Outline:

Time Allocation	Activity*
00:00 – 00:05	Attendance; Homework/Quiz Questions
00:05 – 00:15	Warm-up; Movement Instruction
00:15 – 00:45	Circuit Training
00:45 – 00:50	Cool-down

* Activities are subject to change at the discretion of the instructor

Week	Dates	Activity*
Introduction	8/21 – 8/23	Syllabus review; Introductions; Research Recruitment
Week 1	8/26 – 8/30	Physical Fitness Assessments (Pre-tests)
Week 2	9/2 – 9/6	Intro to circuit training; SMART Goal-setting September 2- Labor Day No Class
Week 3	9/9 – 9/13	Body-weight exercises - Part I September 11 - Last day to drop from course with no grade
Week 5	9/23 – 9/27	Dumbbell exercises September 30 – first 5 Portal assignments due
Week 6	9/30 – 10/4	
Week 7	10/7 – 10/11	Body-weight/Dumbbell Combo Weeks I & II (Oct. 10 – last day to withdraw from course and receive a "W")
Week 8	10/14 – 10/18	
Week 9	10/21 – 10/25	
Week 10	10/28 – 11/1	October 31- Last Portal assignment due
Week 11	11/4 – 11/8	Body-weight exercises - Part II
Week 12	11/11 – 11/15	Body-weight/Dumbbell Combo Week III
Week 13	11/18 – 11/22	Implement Training Week I (medicine balls, resistance bands, kettlebells, etc.)
Week 14	11/25 – 11/29	Implement Training Week II
Week 15	12/2 – 12/6	No Class- THANKSGIVING BREAK
Week 15	12/2 – 12/6	Physical Fitness Assessments (post-tests)
Finals Week	12/9 – 12/13	Final Exams (Course Evaluations)

* Activities are subject to change at the discretion of the instructor

Fitness Assessments:

Students will perform 5 fitness tests near the beginning of the semester and near the end of the semester to assess physical fitness and improvements in performance. Students are encouraged push themselves to gain the most out of these assessments since they can use their scores even after the course is completed. It is essential that students come to class prepared on these dates as there will be no other point during the semester to make these assessments up. (10 points; 5 pre-test, 5 post-test; 1 point per test)

Online Assignments:

There will be six (6) modules required from the e-Textbook (Portal). They are:

- 1 – Exercise Vocabulary (**5** points; to be completed by **September 30, 2013**)
- 2 – Health Benefits (**5** points; to be completed by **September 30, 2013**)
- 3 – The FITT principle (**5** points; to be completed by **September 30, 2013**)
- 4 – Behavior Change (**5** points; to be completed by **September 30, 2013**)
- 5 – Preparing & Recovering from Exercise (**5** points; to be completed by **September 30, 2013**)
- 30 – Conceptual Core: Circuit Training (**5** points; to be completed by **October 31, 2013**)

Final Exam:

The final exam will consist of the course evaluation and a short questionnaire regarding what you learned in the course. (10 points)

Please check Canvas every day for announcements regarding assignments, meeting places, and activities!

Remember, tardiness (15 or more minutes late to class) **will result in a 1 point deduction from final grade! NO EXCEPTIONS!**

Unexcused absences will result in a 3 point deduction from final grade! NO EXCEPTIONS!

Rubric and Grading Scale:

Syllabus Quiz	5 points	
Participation	45 points *	A = 90-100
Fitness Assessments (2)	10 points	B = 80-89
Portal Assignments	30 points	C = 70-79
Final Exam	10 points	D = 60-69
Total	100 points	F = below 60

***Participation:** Approximately one (1) point per day. Please refer to the Attendance policy regarding tardiness and the amount of excused/unexcused absences allowed. **Remember that punctuality and attendance affects the final grade separately from participation.**

Student 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).

Medical Considerations:

If you have a condition that may affect your participation in this class (diabetes, epilepsy, heart murmurs, knee or back injuries, etc.) please notify the instructor promptly in private. Students will be required to complete a Health Status Form and a Health Referral Form if you have any known health problems.

Class Policy Statements:

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.

Make-Up Policy: Arrangement to make up a missed major assignment 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 extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy: All portions of the Auburn University student Academic Honesty Code (Title 1.1) 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.

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.

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