**Auburn University**

**Department of Kinesiology**

**PHED 1250/ Section 001/ Fall 2013**

**Cardio-Respiratory: WaterAerobics**

**Instructor:** Maleah Holland **Email:** [amh0078@auburn.edu](mailto:amh0078@auburn.edu)

**Class Time:** MWF @ 12:00-12:50 pm **Office:** Kinesiology Building, 260D

**Location:** CLSM POOL **Office Hours:** M 9:30-10:30, W 2-3pm

**Credit Hours**: 2 hours – email me prior

**\*\**Please send emails via my email address, not via Canvas\*\****

**Required Text:**

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.

Once you purchase the code, follow the directions provided below and register for class by 08/30/13.

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 1250 002 Fall 2013

5. On the left tool bar are 5 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: Aerobics. Each module has an assessment at the end.

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 by 08/30/13.

**\*\*\*\*Please note that failure to complete Portal assignments by October 31st, 2013 will result in “No Grade” for the course.\*\*\*\***

**Course Description:**

Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in water aerobics.

**Attire and Conduct:**

The following items are recommended for the students to bring to class: (1) swimsuit / (2) towel / (3) shower necessities / (4) goggles / (5) flip flops.

Students must wear: one piece appropriate swimsuit for women and trunks with optional swim shirt for men. 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.

**Assignments / Fitness Assessments:**

**Final Evaluation**: Student will have 1 final evaluation at the end of the course based on the instructor’s teaching abilities and overall course achievement.

**Rubric and Grading Scale:**

***\*To earn the participation points students must attend class, dress appropriately, and take part in the activity.***

Participation: 50 points

Portal: 40 points

Evaluation: 10 points

Total possible: 100 points

**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

**Class Policy Statements:**

1. **Attendance:** 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).

1. **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.

1. **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).

1. **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.

**Class Schedule:**

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| --- | --- | --- | --- |
| **Week** | **Monday** | **Wednesday** | **Friday** |
| 8/19-8/23 | *No Class* | Review Syllabus | Easy – adjust to pool |
| 8/26-8/30 | *No Class – Labor Day* | Kick/Swim + Weights | Total Body |
| 9/2-9/6 | Bootcamp | Total Body | Down and Back Circuits |
| 9/9-9/13 | Circuits | Cardio + Core | Games |
| 9/16-9/20 | Kick/Swim + Weights | Cardio Intervals | Dryland to Pool Intervals |
| 9/23-9/27 | Total Body | Down and Back Circuits | Kick/Swim + Weights |
| 9/30-10/4 | Cardio Drills | 300 Challenge | Total Body |
| 10/7-10/11 | Bootcamp | Cardio + Core | Games |
| 10/14-10/18 | Cardio Intervals | Kick/Swim + Weights | Dryland to Pool Intervals |
| 10/21-10/25 | Total Body | Circuits | Games |
| 10/28-11/1 | 300 Challenge | Down and Back Circuits | Kick/Swim + Weights |
| 11/4-11/8 | Bootcamp | CardioCore | Dryland to Pool Intervals |
| 11/11-11/15 | Cardio Intervals | Kick/Swim + Weights | Total Body |
| 11/18-11/22 | Dryland to Pool Intervals | Circuits | Games |
| 11/25-11/29 | *No Class-:*  *Thanksgiving Break* | *No Class:*  *Thanksgiving Break* | *No Class:*  *Thanksgiving Break* |
| 12/2-12/6 | Kick/Swim + Weights | 12 Days of Fitness | 12 Days of Fitness |

**\*\*This schedule is subject to change.**