

**Auburn University  
College of Education  
School of Kinesiology  
Course Syllabus**

**1. Course Number:** PHED 1263  
**Course Hours:** 2 semester hours  
**Class Meeting Times:** Self Paced

**Course Title:** Military Fitness for Everyone  
**Prerequisites/Corequisites:** none  
**Place:** On-line

**Instructor:** Eric Wehner, AT, ATC  
**Office:** Nichols Center Room 281  
**Email:** ezw0013@tigermail.auburn.edu  
**Office Hours:** By Appointment

**Phone:** 334 - 844 - 5649

**2. Date Syllabus Prepared:** August 8, 2013

**3. Text:** None. Readings posted on Canvas

**4. Course Description:** Basics of Military type physical activity training, goal-setting, and fitness principles. See course schedule at the end of this syllabus.

**5. Course Objectives:** Upon completion of the course objectives, the student will be able to:

A. Understand the principles of Military fitness training, exercise progression, strength training, flexibility training, functional exercise, mobility and agility training, overtraining, and basic sports injuries.

B. Gain an appreciation of Military leadership skills, methods of self-motivation, importance of goal setting, and the benefits of maintaining a healthy fit lifestyle.

C. Acquire skills and knowledge about goal setting, leadership, developing and modifying a fitness program for themselves, specific exercises, gait analysis and stretching.

**6. Course Requirements**

All assignments, quizzes, exams, personal activity logs and videos will be submitted via Canvas.

1. Quizzes (150 points) will be conducted online via Canvas. Quizzes will be open for one week based on the syllabus outline. Each quiz is timed based on the number of questions (1.5 minutes per question). Notes and books may be used to answer the quiz questions, however, students cannot work together. To prevent this, quiz questions are randomly selected from a database. A majority of the quiz questions are generated from the readings, PowerPoint presentations, videos, and course activities.

**2. Assignments:**

150 points: Weekly inputting of personal exercise and fitness activity information, analysis of progress, and planning the following weeks exercise plan. There is a form that you will fill out each week and post on Canvas. (10 pts. /week)

100 points: Goal setting activities. Setting original goals, monitoring of goals, and modifying goals after each APFT.

150 points: Fitness Assessments, 1:1:1 and 4 APFTs. These can be done with the Army ROTC when they complete them.

- 1:1:1 – completion 50 pts.
- APFT 1
- APFT 2

- APFT 3
- APFT Final

Up to 100 points: outdoor functional fitness activity. Students can participate in outdoor or specialized fitness activities for points. Proof of participation, completion, and prior approval of activity required.

- 5K race 20 pts.
- 10K race 40 pts.
- Half-marathon 60 pts.
- Marathon 80 pts.
- Ruckmarch 20 pts. /5K
- Obstacle course 20 pts.
- Ropes course 10 pts.
- Climbing wall 10 pts.
- Land navigation or orienteering course 10 pts. (1/2 day)
- Bike race or tour 1 pt. / mile - 10 mile minimum
- Other – upon instructor approval

3. Discussions (100 points) - A total of 4 online discussions will occur over the semester and each one is worth 25 points. For each discussion the student will have to post a discussion and reply to one classmates discussion.

4. General assignments (10 @ 5 points each) – 50

## 7. Grading and Evaluation Procedure:

All course work will be completed and graded on-line. **It is vital in a web-based course that students remain current on course work.** Quizzes and exams will remain accessible only for specific dates. Work not completed by the required date will receive a grade of zero. Students are encouraged to work in groups to complete homework and to study. Quizzes and tests, however, are to be taken on an individual basis and without books or notes. **ALL ASSIGNMENTS ARE DUE WEEKLY AT 5PM FRIDAY UNLESS OTHERWISE NOTED.**

**\* PLEASE NOTE: Any concerns regarding points or questions on a quiz or exam must be communicated to the instructor via e-mail WITHIN 2 DAYS of the deadline for the assessment completion. Questions will not be reviewed or additional points given after that time. No Exceptions.**

Quizzes = 150 points

Assignments = 550 points

Discussion = 100 points

Possible additional activity points = 100 points

Total Possible points = 800 req. assignments (100 additional possible)

The grade scale is a typical 10-point scale. Points are described below

A = 675 - 750

B = 600 - 674

C = 525 - 599

D = 450 - 524

F = Below 449

## 8. Class Policy Statements:

Participation: Students are expected to participate in all on-line discussions and postings. It is the student's responsibility to contact the instructor if an illness or emergency requires the student to miss quiz due dates. Any missed work due to a University approved excuse **MUST be made up within 5 days.**

Quizzes/Exams: Assignments are due on/before the date assigned unless an excused absence is **pre-arranged**. **No late work will be accepted. All make-up assessments must be taken with the instructor.** Students are expected to take exams/quizzes on their own without benefit of notes or others. All exams/quizzes are timed. **Quizzes have a time limit of 15 minutes.** If you are not comfortable taking a timed assessment, arrangements can be made to take a proctored assessment. Students are asked to review exams after they are graded and look up missed questions. If the answer is still unclear, please make an appointment or send me an e-mail to review the question and I'd be happy to go over any remaining questions you may have. See previous note on assessment concerns. **Any grade changes or modifications must be made within 5 days of completing the assessment. No changes will be made after that time.**

Attendance/Absences: **Attendance is required at the first class meeting** and any subsequent meetings announced by the instructor (i.e.: exams, lectures) unless other arrangements are made **PRIOR** to this meeting.

Questions/help: Students are encouraged to ask questions and seek extra help on a regular basis. **Please do not wait until the day before an exam or quiz is due.** The goal is to keep up and enjoy the material! I make every attempt to respond to e-mails quickly, however, please do not assume that you will receive an immediate response.

Unannounced quizzes: There will be no unannounced quizzes.

Disability Accommodations: "Students who need accommodations are asked 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 PSD office, but need accommodations, make an appointment with The Program for Students with Disabilities, 1228 Haley Center, 844-2096 (V/TT)."

Honesty Code: The University Academic Honesty Code and the Student Policy eHandbook regulations pertaining to cheating will apply to this class. This is especially important in an on-line course. Please remember the idea is to learn the material so that it will help you in your future careers. If you don't put an honest effort into this the course will be of no use to you.

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:

- Behave and communicate professionally on-line and in any postings. Unprofessional postings will result in the removal of this privilege and the inability to gain points. Additionally, you may be removed from this course for unprofessional conduct.
- Remember that postings may be misinterpreted, and not to post responses when you are angry.  
**\*This goes for e-mail correspondence with classmates and the instructor.**
- Remember all of your discussions are public; it's easy to forget this in chat rooms or on the discussion board.
- **If you find a posting that you find offensive or inappropriate please notify the instructor immediately.**
- Please include a salutation and sign all e-mails, just as you would a letter.
- Do not use texting abbreviations in postings or e-mails.
- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

## Course Schedule

### Week 1 Aug 21 – Aug 30 (1.5 weeks)

Topic: Intro to course contents, methods and objectives

Readings: Syllabus, Introduction to course PowerPoint, discussion board  
View WRC videos.

- Activities:
- 1) 1:1:1 assessment
  - 2) Develop a training program based on your results
  - 3) Introduction to 4 for the Core
  - 4) Introduction to Hip stability drill
  - 5) **Quiz 1 due Friday, August 30 at 5:00pm**

### Week 2 September 2 – 6

Topic: Goal Setting, principles of training, body mechanics, and introduction to Army Physical Readiness Training (PRT).

Readings: Goal setting power point, principles of training document,  
Body mechanics documents, discussion board.  
View WRC Videos

- Activities:
- 1) Set goals for 16 week program
  - 2) Introduction to Preparation Drill
  - 3) 4 for the Core
  - 4) Hip stability drill
  - 5) Introduction to climbing drill 1
  - 6) Run training  
(Includes 30:60s, 60:120s < 300 yd. shuttle run, ability group run (AGR) Release run)
  - 7) Introduction to Recovery drill
  - 8) **Quiz 2 due Friday, September 6 at 5:00pm**

### Week 3 September 9 – 13

Topic: Components of PRT. Principles of exercise progression

Readings: Progression PowerPoint and readings, progression readings.  
discussion board.  
View WRC videos

- Activities:
- 1) Develop a training progression for weeks 4-8
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Introduction to conditioning drill 1
  - 4) Climbing drill 1
  - 5) Run training
  - 6) Recovery drill
  - 7) **Quiz 3 due Friday, September 13 at 5:00pm**



Week 4 September 16 – 20

Topic: System of PRT. Speed vs. distance running. How to take the APFT.

Readings: APFT, and running, running shoes, PowerPoint and readings,  
**Graded discussion board**, View WRC videos.

- Activities:
- 1) Introduction to APFT 1
  - 2) Assessing your results, modify your training plan
  - 3) Preparation Drill, 4 for the Core, Hip stability drill
  - 4) Introduction to conditioning drill 2
  - 5) Introduction to climbing drill 2
  - 6) Run training
  - 7) Recovery drill
  - 8) **Quiz 4 due Friday, September 20 at 5:00pm**

Week 5 September 23 – 27

Topic: Strength training

Readings: Strength training power point and readings, discussion board  
View WRC videos.

- Activities:
- 1) APFT
  - 3) Assessing your APFT results
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Introduction to military movement drill 1
  - 4) Conditioning drill 2
  - 5) Climbing drill 2
  - 6) Run training / foot march
  - 7) Recovery drill
  - 8) **Quiz 5 due Friday, September 27 at 5:00pm**

Week 6 September 30 – October 4

Topic: Mobility, agility and functional movement

Readings: Functional training power point and readings. **Graded discussion board**

- Activities:
- 1) Design a functional training program for yourself
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Introduction to military movement drill 2
  - 4) Introduction to conditioning drill 3
  - 5) Climbing drill 2
  - 6) Run training
  - 7) Recovery drill
  - 8) **Quiz 6 due Friday, October 4 at 5:00pm**

Week 7    October 7-11

Topic: Motivation

Readings: Motivation power point and readings, discussion board  
View WRC videos.

- Activities:
- 1) Develop self-motivation strategies
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Military movement drill 2
  - 4) Conditioning drill 3
  - 5) Climbing drill 2
  - 6) Run training / foot march
  - 7) Recovery drill
  - 8) **Quiz 7 due Friday, October 11 at 5:00pm**

Week 8    October 14-18

Topic: Rest, recovery, and balance – overtraining

Readings: Rest, recovery, and balance – overtraining PowerPoint and readings, discussion board, videos.

- Activities:
- 1) Develop a recovery plan to prevent overtraining
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Military movement drill 2
  - 4) Conditioning drill 3
  - 5) Climbing drill 2
  - 6) Run training / foot march
  - 7) Recovery drill
  - 8) Recovery for APFT
  - 9) **Quiz 8 due Friday, October 18 at 5:00pm**

Week 9    October 21 – 25

Topic: Transition to Sustain Phase

Readings: Toughening vs. Sustain Phase PowerPoint, readings, discussion Board.

- Activities:
- 1) APFT2
  - 2) Set new goals based on your APFT2 progress
  - 3) Revise your run and conditioning program based on scores  
(run also includes hill repeats, and training)
  - 4) Preparation Drill, 4 for the Core, Hip stability drill
  - 5) Introduction to the strength training circuit
  - 6) Introduction to the guerrilla drill
  - 7) Run training / foot march
  - 8) Recovery drill
  - 9) **Quiz 9 due Tuesday, October 25 at 5:00pm**

Week 10 October 28 – November 1

Topic: Leadership

Readings: Leadership PowerPoint and readings, **Graded discussion board**

- Activities:
- 1) Assess and determine your leadership style
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Strength training circuit
  - 4) Guerrilla drill
  - 5) Foot march with load / run
  - 6) Recovery drill
  - 7) **Quiz 10 due Friday, November 1 at 5:00pm**

Week 11 November 4 – 8

Topic: New ways to add interest without overdoing it

Readings: Integrated training PowerPoint, readings, discussion board.

- Activities:
- 1) Develop an imaginative training program
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Introduction to Cardiovascular exercise
  - 4) Introduction to Upper and lower body strength work
  - 5) Introduction to Balance and agility work
  - 6) Participate in a non-typical fitness event/opportunity
  - 7) Recovery drill
  - 8) **Quiz 11 due Friday, November 8 at 5:00pm**

Week 12 November 11 – 15

Topic: Sports injuries, flexibility, and prevention

Readings: Sports injuries, flexibility, prevention PowerPoint and readings, discussion board, videos.

- Activities:
- 1) Research and create a presentation on a sports injury
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Military movement drill 1
  - 4) Conditioning drill 2
  - 5) Climbing drill 2
  - 6) Run training / foot march with load
  - 7) Recovery drill
  - 8) **Quiz 12 due Friday, November 15 at 5:00pm**



Week 13 November 18 – 22

Topic: Fueling your Training

Readings: Sports nutrition power point and readings. **Graded discussion board.**

- Activities:
- 1) Analyze your current diet, create goals for change
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Strengthen training circuit
  - 4) Guerilla drill
  - 5) Climbing drill 1
  - 6) Run training
  - 7) Recovery drill
  - 8) Recovery for APFT
  - 9) **Quiz 13 due Friday, November 22 at 5:00pm**

Week 14 November 25 – 29 (**Be aware this is Thanksgiving Break. We still have assignments due!**)

Topic: Environmental considerations, adjusting your training

Readings: Environmental effect power point and readings, discussion.

- Activities:
- 1) APFT 3
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Military movement drill 1
  - 4) Conditioning drill 2
  - 5) Climbing drill 2
  - 6) Run training / foot march with load
  - 7) Recovery drill
  - 8) **Quiz 14 due Friday, November 29 at 5:00pm**

Week 15 December 2 – 6

Topic: Special training for special circumstances

Readings: Training while injured, recovery from injury, special needs PowerPoint and readings, discussion board.

- Activities:
- 1) Develop a plan to keep fit while recovering from an injury
  - 2) Preparation Drill, 4 for the Core, Hip stability drill
  - 3) Military movement drill 1
  - 4) Conditioning drill 2
  - 5) Climbing drill 2
  - 6) Run training / foot march with load
  - 7) Recovery drill
  - 8) Recovery for final APFT
  - 9) **Quiz 15 due Friday, December 6 at 5:00pm**

Week 16

December 9 – 13 (FINALS WEEK)

Topic: After Action Review (AAR)

- Activities:
- 1) Final APFT
  - 2) Develop goals to continue fitness program
  - 3) Develop self-motivation plan for future
  - 4) Final fitness program
  - 5) Preparation Drill, 4 for the Core, Hip stability drill
  - 6) Your favorite training for each area of fitness
  - 7) Final foot march with load
  - 8) Recovery drill
  - 9) **All Assignments are due Friday, December 13 at 5:00pm**