

## PHED SYLLABUS

**Course Number:** PHED 1300-006

**Course Title:** Conditioning Fitness: Strength and Flexibility

**Credit Hours:** 2 credit hours – LECTURE/LAB

**Term:** Fall 2013

**Day/Time:** COLSM 1129 MWF 2:00pm-2:50pm

**Instructor:** Katherine Wainright

**Office Address:** Meet in New Kinesiology Building by Appointment

**Contact Information:** E-mail: [ksw0015@auburn.edu](mailto:ksw0015@auburn.edu)

**Secondary Contact** (Dr. Jared Russell, 334-844-1429; [russej3@auburn.edu](mailto:russej3@auburn.edu))

**Office Hours:** Tuesday and Thursday 10-10:50 OR By Appointment (e-mail me to schedule ALL meetings)

### **Texts or Major Resources:**

A. Yoga Mat (Personal preference on quality and Type)

B. 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. Below are instructions:

Once you purchase the code, follow the directions provided below and register for your class by **August 28<sup>th</sup>**.

Instructions for logging into the Tracking Portal

1. Log onto [http://mhlearningsolutions.com/Auburn\\_health/login.php](http://mhlearningsolutions.com/Auburn_health/login.php)

2. Click on student registration

3. Complete registration information.

a. The code from the instructor is the number code and is available on Canvas under course content. BE SURE TO INPUT THE CORRECT CODE FROM YOUR INSTRUCTOR TO ENSURE YOUR GRADES ARE CORRECT

b. The card code will be on the card you purchased from the bookstore.

4. Click on : **Fall 2013 Conditioning Fitness: Strength and Flexibility PHED 1300-006**

5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: Body

contouring. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.

6.The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.

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 **Wednesday, August 28th**.

**Course Description:** This course is designed to increase physical fitness through aerobic and muscular endurance training. It will also introduce the student to proper weight training techniques and to basic programming principles related to health and performance.

**Student Learning Outcomes:**

- Safely operate cardio and strength training equipment, with proper exercise form and a working knowledge of cardio training methods.
- Demonstrated and applied the FITT Principles and how they relate to successful skill performance, and define the components of fitness.
- Assess personal fitness levels and set goals for improvement by designing a fitness plan that promotes lifelong health and fitness.
- Demonstrate efficiency in cardiovascular fitness, muscular strength and endurance, and flexibility.

**Class Expectations:**

- SHOW-UP: Attendance is a large portion of your grade
- An Excused Absence: Provide excuse before missed class if possible. If not provide excuse at NEXT class.
- Tardy: Arrive after 10 minutes from start of class you are tardy
  - This will reflect upon your participation grade
- Be Respectful to your instructor and classmates (everyone is at a different fitness level; no two bodies are the same) ALWAYS ENCOURAGE YOUR PEERS!
- Participate in all activities appropriately to receive participation points: Properly follow instructors directions (*Mentally and Physically* prepared to participate)
- Be on time and Dressed Appropriately:
  - Athletic Clothes: yoga pants or running shorts, sweats, running shoes, clothes appropriate for physical activity
  - NO: Jeans, flip-flops, open-toed shoes, clothes that show the abdomen, for girls sports bras do not count as a shirt; males must wear shirts as well. (Dress conservatively and appropriately)
- Submit ALL assignments by due date: **NO LATE ASSIGNMENTS WILL BE ACCEPTED**

- **Check your grades weekly:** it will keep all records accurate throughout the semester (let me know about my mistakes ASAP please!)
- Enjoy the physical activity and interaction with your fellow classmates: I want this class to be one of the better parts of your day. Help me make this class a fun experience where we both learn.
- In any questions occur please ask immediately; I do not want any miscommunications to occur. I need to know about discrepancies and problems to fix them. Ask in-class OR before or after class if it is a private matter. Also by e-mail is the best method for out-of-class communication.

#### CLASS STRUCTURE:

<b>Activity: Tentative Schedule</b>
1. Review Questions/ Quizzes/ Assignments
2. Attendance
3. Warm-Up
4. Practice/ Work Time
5. Open Activity (varies)
6. Cool- Down
7. Closing Statements & Attendance

#### Course Content Outline:

<b>Week</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
August 21-23		Introductions and Syllabi	Syllabi, Canvas, McGraw-Hill Discussed
August 26-30	Introductions to Fitness Strength & Flexibility	Group Assigned Register for McGraw On-line Fitness Pre-Test	Syllabus Quiz Due <b>Meet with Group: Discuss Project (Student Instructed)</b>
September 2-6	LABOR DAY: NO CLASS	Techniques, Goals, Expectations, Safety, Chest & Shoulders	<i>McGraw: Module I Due</i> <i>McGraw: Module II Due</i>
September 9-13	Chest, Triceps, Shoulders		<i>McGraw: Module III Due</i> Circuits
September 16-20	Floor Core Strength		<i>McGraw: Module IV Due</i> Circuits
September 23-27	Cardio and Strength		<i>McGraw: Module V Due</i> Circuits
September 30- October 4	Back, Biceps	Circuits	<b>Meet with Group Work On Group Project (Student Instructed)</b> <i>McGraw: Module VI Due</i>
October 7-11	Lower Body	(Canvas) Mid-Term	<i>McGraw: Module VII Due</i> ALL Modules FINISHED

			Circuits
October 14-18	Flexibility		
October 21-25	Body Weight Exercises	Circuits	Circuits
October 28- November 1	Nutrition	Circuits	Circuits
November 4-8	Long Term Weight Control	Circuits	Circuits
November 11-15	Students Choice Conditioning	Students Choice Conditioning	Students Choice Conditioning
November 18-22	<b>Group Project Presentations</b>		
November 25-29	THANKSGIVING BREAK: NO CLASS Keep-Up Your Jogging!!		
December 2-6	Post-Testing for Fitness	Students Stress Relief Conditioning	Students Stress Relief Conditioning
December 9-13	Final Exams Week: Final Exam (Canvas)		

**\*\*THIS SCHEDULE IS SUBJECT TO CHANGE: DEPENDING ON INSTRUCTOR CHOICE & EQUIPMENT\*\***

#### **Assignments/Projects:**

- Complete ALL modules on McGraw On-line:
  1. Exercise Terms and Definitions
  2. Health Benefits
  3. The FITT Principle
  4. Behavior Change
  5. Preparing & Recovering from Exercise
  6. My Activity Profile
  7. Conceptual Core: Jogging for Fitness
- Miscellaneous Assignments: Completed through Canvas
- Group Project: Presentation of Benefits of Strength & Flexibility
  - Encouraging participation of Strength & Flexibility

#### **Rubric and Grading Scale:**

Attendance/ Participation	40%
McGraw-Hill Modules	25%
Assignments/Quizzes	15%
Group Project	10%
Mid-Term	5%
Final Exam	5%

A = 90 - 100

B = 80 - 89

C = 70 – 79

D = 60 – 69

F = 59 and below

*Note: 5 unexcused absences or 8 total absences results in an FA for the course. Further explanation is outline in the Class Policy Statements below.*

*You MUST complete the McGraw On-line Assessments to receive a grade in the Class!! Incomplete= No Grade!*

### **Class Policy Statements:**

#### **A. Physical Activity and Wellness Program 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. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities can result in a deduction of points from a student’s overall course grade at the discretion of the instructor. Moreover, 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 a 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 and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA. 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. Any arrangements to 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 Bulletin.

**AU BULLETIN EXCUSED ABSENCE POLICY** Any arrangements to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Auburn University Student Policy eHandbook) shall be initiated by the student within one week from the end of

the period of the excused absence. Normally, a make-up exam shall occur within two weeks from the time that the student initiates arrangements for it. Instructors are expected to excuse absences for: Illness of the student or serious illness of a member of the student's immediate family. The instructor may request appropriate verification.

b. The death of a member of the student's immediate family. The instructor may request appropriate verification.

c. Trips for members of the student organizations sponsored by an academic unit, trips for University classes, and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. Instructors may request formal notification from appropriate University personnel to document the student's participation in such trips.

d. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.

e. Subpoena for court appearance. The instructor may request appropriate verification.

B. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University 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. See the Student Academic Honesty Code section in the Auburn University Student Policy eHandbook. The URL is [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for further information.

C. 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)."

D. 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.