

**Auburn University**  
**Department of Kinesiology**  
**PHED 1003-005 Active Auburn**  
**Fall 2013**

**Instructor:** Lorraine Smallwood

**Email:** lls0017@auburn.edu

**Office Location:** KINESIOLOGY Building 20

**Office Hours:** By appointment (send an e-mail to set-up a time)

**Physical Activity Wellness Program Coordinator:** Dr. Jared Russell; russej3@auburn.edu

**Course Objective**

Students will be exposed to different types of fitness activities options offered on campus while increasing their fitness level.

**Student learning outcomes**

Upon completion of the course objectives, the student will be able to:

- A. Define exercise terms.
- B. Identify public health benefits of engaging in regular physical activity.
- C. Exhibit understanding the FITT principles.
- D. Exhibit knowledge of behavioral strategies to change behavior and health.
- E. Exhibit knowledge of techniques to enhance motivation (i.e., goal setting).
- F. Exhibit knowledge of preparing and recovering from exercise.
- G. Identify physical activity and wellness opportunities on Auburn's campus.
- H. Report future interests and goals for physical activity engagement.

**Course Description**

Throughout this course, students will learn basic concepts associated with the development and maintenance of physical activity, as well being exposed to the different fitness opportunities offered on the Auburn University campus while engaging in health-promoting and wellness activities.

**Required Text:**

**Course Content Outline**

Tracking portal for Active Auburn course (available at Auburn Bookstore and other local bookstores)

For distance education students the following technologies will support the distance learning delivery.

**Online portals are due on December 1st, 2013 (5pm) - No extension will be given!**  
Portal assignments must be completed prior to a grade being given for a course.

**Distance Learning Statement:**

This class will be taught exclusively through an electronic/ distance learning format, utilizing the online portal. This design was chosen because it allows for timely and appropriate interactions between instructors and students while increasing the flexibility of a student's schedule. Outlook 360 is the official means of communication for Auburn University. The instructor will communicate with the class through Outlook 360. You are responsible for checking your email frequently for class announcements.

**Tentative Schedule**

**Purchase Active Auburn Group Fitness Pass [\$25].**

Exercise Vocabulary

Readings: Complete Module 1 (Exercise Terms) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 1. Begin My Activity Planner.

Health benefits of engaging in regular physical activity

Readings: Complete Module 2 (Health Benefits) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 2;

FITT principles –

Readings: Complete Module 3 (FITT Principles) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 3;

Behavioral change strategies –

Readings: Complete Module 4 (Behavioral Change) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 4.

Preparing and recovering from exercise – Complete Module 5 (Preparing and recovering from exercise) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 5.

**December 1st (5pm) is the due date for all 6 modules (quizzes and surveys) in the online portal.**

- **\* Students MUST participate in 3-exercise classes/week in order to pass this class beginning 8/26/13 until 12/6/13 [Excluding University Holidays].**

## Online Portal Instructions:

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 card code will be on the card you purchased from the bookstore.
4. Click on PHED 1003-005 Active Auburn
5. On the left tool bar are 6 modules: Exercise Vocabulary, Health Benefits, The FITT principle, Behavior change, Preparing and recovering from exercise, & My activity profile in addition to conceptual core which will not be required. 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. This section will count towards your 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 by **08/31/13**.

1. Assessments (35 points) will be conducted online using the class-tracking portal. Each quiz is timed based on the number of questions (2 minutes per question.) Students cannot work together. To prevent this, quiz questions are randomly selected from a database. All quiz questions are generated from the on-line text.

2. Exercise Participation (42 points) - Students will be required attend 3 group fitness classes each week. **You must purchase Active Auburn Group Fitness Pass and reserve a space to attend Active Auburn fitness classes.** A weekly report will be sent to me detailing how many classes that you attended. If you purchase a general fitness pass you will not be recorded as an Active Auburn student when signing into the fitness classes.

3. My Activity Planner (7 points)- Students will complete the My Activity Profile sections on the class portal. You will not be required to do the My Weekly Exercise Schedule: Pedometer section. **Please complete the beginning survey in this section by September 6<sup>th</sup>, 2013; the Middle Survey on October 25, 2013; and the Final Survey on December 1, 2013.**

4. Log on to Portal by August 31, 2013 (10 points)

### Graded Assignments

- 5 Assessments = (35 points)
- My Activity Profile (7 points)
- Exercise Participation (3 points each week) (14 weeks x 3/week = **42 sessions**)  
(Student must complete All 42 sessions to receive credit for this course.) = 42
- Log onto Portal by August 31<sup>st</sup> = (16 points)

➤ Total possible points = 100

Grading Scale:

A = 90 – 100

B = 80 – 89

C = 70 – 79

D = 60 – 69

F = Below 60

**Student Accommodations:**

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in 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.

Disability Accommodations: Students who need special accommodations in class are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of class, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by email. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1288 Haley Center, 884-2096 (V/TT).

**Fall Semester AU eEvaluate**

Please complete the course evaluation during the following dates:

Evaluation Opens: December 1, 2013

Evaluation Closes: December 8, 2013

[http://www.auburn.edu/academic/provost/undergrad\\_studies/evaluate.html](http://www.auburn.edu/academic/provost/undergrad_studies/evaluate.html)