1. **Course Number:** PHED 1023 – 001; 002; 003

**Course Title:** Freshman Fit

**Term:** Fall 2014

**Day/Time:** T 8:00 am – 8:50 am

 W 1:00 pm – 1:50 pm

 R 1:00 pm – 1:50 pm

 **Instructor:** Shelby Mann

 **Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm 138

**Contact Information:** sjm0011@tigermail.auburn.edu

**Office Hours:** by appointment only

**Campus Recreation Instructor:** Audrey Ross, Adr0016@auburn.edu

**Secondary Contact:** Dr. Sheri Brock, brocksj@auburn.edu

1. **Credit Hours:** 2 credit hours – LECTURE 1 / LAB 2

**Prerequisites:** Freshman; first year on AU campus

1. **Texts or Major Resources:**

This PHED course will utilize an e-book version of the textbook that will be made available to you in the Canvas site associated with your course. Since you use an e-book in your class, there are a few important things to know up-front:

* **DO NOT BUY OR ORDER A TEXTBOOK FOR THIS CLASS**. It will be provided to you in Canvas.
* You will be charged $ 39.50 for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on the 16th class day September 9, 2014 and will appear as "Bookstore Charges" on the e-bill issued following that date.
* No charge will be made to your account if you drop the class before the 15th class

day September 8, 2014 .

* You will be able to view the e-Book in Canvas, and will also be able to download it to your computer, tablet, or smartphone for offline reading.
* For billing questions/concerns, contact Rusty Weldon, Assistant Director of the AU Bookstore, atweldora@auburn.edu.
1. **Course Description:**

Throughout this course, students will learn basic concepts associated with exercise participation, nutrition, stress reduction and proper sleep. Students will be introduced to campus opportunities for health promoting behaviors.

1. **Course Objectives:**

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

1. Identify multiple aspects of physical activity and exercise via Campus Recreation’s Rec and Wellness Center orientation.
2. Exhibit knowledge of resources available to them regarding fitness, nutrition, and stress management while enrolled at Auburn University.
3. Exhibit knowledge of basic skills for physical fitness such as the squat, lunge and push up.
4. Exhibit knowledge of self-monitoring techniques and behavior change principles.
5. Exhibit knowledge of healthful meal components, mindful eating, goal setting skills, sleep hygiene skills, and stress management skills.
6. **Course Requirements / Evaluation:**

Item Points Percentage

Syllabus Quiz 5 5%

5 Canvas Modules 25 25%

Class Participation 30 30%

Group Fitness Participation 30 30%

Final exam (Course Survey) 10 10%

Total 100 100%

**Syllabus Quiz** (5%) - Week 1 posted on Canvas.

**Canvas Module Assessments** (5 points each = 25%) - will be conducted online using Canvas. 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.

**Class Participation** (30%)

**Group Fitness Participation** (30%) - Students will be required to attend 2 group fitness classes each week. **You must purchase a Group Fitness Pass and reserve a space to attend Freshman Fit Group Fitness classes.** A weekly report will be sent to the instructor detailing how many classes 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. **You MUST participate in 2 Group Fitness class/week during the regular semester [Excluding University Holidays].**

Attire and Conduct for Group Fitness Classes

A water bottle and towel are recommended. Students must wear athletic clothing such as shorts and a T-shirt, sweats, and other standard athletic garments. Sports bras or garments that expose the midriff will not be allowed according to University policy. “Street clothes” such as jeans will not be allowed for your safety.

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.

**Final Exam** (10%) – Complete Course Survey

The final exam will consist of a short course survey regarding your experiences with group fitness classes.

Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

1. **Course Policy Statements:**

A. Attendance:

**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 will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. **Once a student has accrued five 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 receive a grade of FA.**

B. 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. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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 will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

**9. Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. 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.

**10. 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).

**Tentative Schedule**

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| --- | --- | --- | --- |
| **Week in Semester** | **Topic/ Site for Skills Class** | **Assigned Lecture** | **Assignment Due Dates** |
| Week 1: 8/18-8/22 | Orientation to course and expectations | Review Syllabus before first class meeting | **Syllabus Quiz Due Monday Aug. 25** |
| Week 2: 8/25-8/29 | Basic Skills Assessment | Health Benefits from Exercise | Quiz Due Aug. 31 11:59pmAttend **TWO** RWC fitness classes |
| Week 3: 9/1-9/5 | “Skills” Class TBA | Preparing and Recovering from Exercise | Quiz Due Sept. 7 11:59pmAttend **TWO** RWC fitness classes |
| Week 4: 9/8-9/12 | “Skills” Class TBA | FITT Principle | Quiz Due Sept. 14 11:59pmAttend **TWO** RWC fitness classes |
| Week 5: 9/15-9/19 | “Skills” Class TBA | Behavior Change | Quiz Due Sept. 21 11:59pmAttend **TWO** RWC fitness classes |
| Week 6: 9/22-9/26 | “Skills” Class TBA | Nutrition | Quiz Due Sept. 28 11:59pmAttend **TWO** RWC fitness classes |
| Week 7: 9/29-10/3 | “Skills” Class TBA | Stress Reduction | Quiz Due Oct. 5 11:59pmAttend **TWO** RWC fitness classes |
| Week 8: 10/6- 10/10 | “Skills” Class TBA | Sleep | Quiz Due Oct. 12 11:59pmAttend **TWO** RWC fitness classes |
| Week 9: 10/13- 10/17 | **Fall Break 16&17th** |  |  |
| Week 10: 10/20-10/24 | “Skills” Class TBA |  | Attend **TWO** RWC fitness classes |
| Week 11: 10/27-10/31 | “Skills” Class TBA |  | Attend **TWO** RWC fitness classes |
| Week 12: 11/3-11/7 | “Skills” Class TBA |  | Attend **TWO** RWC fitness classes |
| Week 13: 11/10-11/14 | “Skills” Class TBA |  | Attend **TWO** RWC fitness classes |
| Week 14: 11/17-11/21 | Final Basic Skills Assessment |  | Make-up week for missed RWC fitness classes |
| **Thanksgiving Break** |  |  |  |
| Week 15: 12/2-12/5 | Assessment Results/Reflection |  | Make-up week for missed RWC fitness classesFinal Exam Due Dec. 5 11:59pm |