**AUBURN UNIVERISTY**

**SYLLABUS**

1. **Course Number:** PHED 1003:009

**Course Title:** Active Auburn

**Term:** Fall 2016

**Day/Time:** Online

**Instructor:** Mynor Rodriguez-Hernandez

**Office Address:** 301 Wire Road, Kinesiology Research Facility #126

**Contact Information:**mgr0018@auburn.edu

**Office Hours:** TBA (Additionally, email me to schedule an alternate time)

**Secondary Contacts:** Nikki Hollett - nlh0014@auburn.edu

1. **Credit Hours:** 2 credit hours

**Prerequisites:** None

1. **Texts or Major Resources:** The two resources for this course are the e-book and a Movband 3 wearable fitness tracker as noted below.

* E-book

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 September 7, 2016 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 September 6, 2016.
* You will be able to view the course text in Canvas, and will also be able to view it using the Canvas mobile application.
* For billing questions/concerns, contact Rusty Weldon, Assistant Director of the AU Bookstore, [weldora@auburn.edu](mailto:weldora@auburn.edu).
* Movband 3 Fitness Tracker

To purchase your Movband 3 please go to [www.auburn.edu/kine](http://www.auburn.edu/kine) and select “Kinesiology Store” listed on the left list of tabs.

1. Click on “Active Auburn” and select the Movband 3.
2. Click “Add to Cart.”
3. Next enter your Full Name and Course Section Number and click “Continue.”
4. Select “Checkout” and enter your “Email address”
5. Last, enter your credit card information to complete the purchase.

Your Movband 3 has been pre-ordered, so when you complete your payment process you can collect it from the School of Kinesiology – 301 Wire Road, Auburn University.

1. Bring your receipt (electronic or printed) and photo identification.
2. Collection of your Movband 3 is available during the following dates/times/locations:

* **Monday (August 15) – Friday (August 19)**
  + **8:00am-4:45pm: room #201C**

1. You will be given your Movband 3 when you provide your receipt, photo identification, course section number, and provide your signature for receipt.

\***If your Movband malfunctions, YOU are responsible for contacting your instructor and** [**info@dhsgroup.com**](mailto:info@dhsgroup.com) **for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.**

1. **Course Description:**

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

Active Auburn is a course designed to allow students to participate in physical activity of their choice at a time and location that best fits their schedule, and is electronically recorded and synced to your instructor using a fitness tracking device (Movband 3). More information about Movbands is given below (see Course Requirements / Evaluation - section 7).

1. **Course Objectives:**

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 of 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 in and around Auburn's campus.

H. Report future interests and goals for physical activity engagement.

1. **Course Content: (assignment due dates/exams are in bold and highlighted)**

Week 1: Purchase [www.auburn.edu/kine](http://www.auburn.edu/kine) and Pick-up your Movband 8/15/16-**8/19/16**

(see 3. Texts or Major Resources in this syllabus);

Register, update and sync your Movband 3 using the code provided by your

instructor (see MOVBAND REGISTRATION and UPDATING YOUR

MOVBAND in this syllabus) – **8/19/16**

Week 2: **Syllabus Quiz – 8/26/16**;

Practice Week – This week is intended for you to practice using your Movband,

however if you reach 56,000 total moves for the week, this will count toward your

Week 14 grade (12 total weeks expected for the semester). To receive credit, you

must have joined your Instructor’s section/group on Movable using the code

provided by your instructor and sync your Movband by **8/27/16**. (Week 2 includes

August 21-27).

***NOTE: Your total expected moves will increase every 2-3 weeks as indicated below.***

Week 3: **Canvas Module #1 - Exercise Vocabulary – 9/2/16**

Achieve Total Weekly Moves of 56,000 8/28/16-**9/3/16**

*\*Please note your grade is based on Weekly “Moves” not “steps”*

Week 4:  **Canvas Module #2 - Health Benefits of Engaging in Regular Physical Activity** – **9/9/16**

Achieve Total Weekly Moves of 63,000 9/9/16-**9/10/16**

Week 5:  **Midterm Exam -** Complete Course Survey 9/11/16-**9/16/16**

Achieve Total Weekly Moves of 63,000 9/11/16-**9/17/16**

Week 6: **Canvas Module #3 - FITT Principles – 9/23/16**

Achieve Total Weekly Moves of 70,000 9/18/16-**9/24/16**

Week 7: Achieve Total Weekly Moves of 70,000 9/25/16-**10/1/16**

Week 8: **Canvas Module #4 - Behavioral Change Strategies – 10/7/16**

Achieve Total Weekly Moves of 70,000 10/2/16-**10/8/16**

Week 9: Achieve Total Weekly Moves of 77,000 10/9/16-**10/15/16**

Week 10: **Canvas Module #5 - Preparing and Recovering from Exercise – 10/21/16**

Achieve Total Weekly Moves of 77,000 10/16/16-**10/22/16**

Week 11: Achieve Total Weekly Moves of 77,000 10/23/16-**10/29/16**

***NOTE: Last day to withdraw from course with no grade penalty. "W" assigned* – 11/4/16**

Week 12: Achieve Total Weekly Moves of 84,000 10/30/16-**11/5/16**

Week 13: Achieve Total Weekly Moves of 84,000 11/6/16-**11/12/16**

Week 14: Achieve Total Weekly Moves of 84,000 11/13/16-**11/19/16**

Thanksgiving Break: November 21-25

Week 15: **Final Exam/Course Survey -** Complete Course Survey 11/13/16-**12/2/16**

(potential make-up week for excused absences11/27/16-12/3/16 – If utilized,

84,000 weekly moves are due by 12/3/16) *\*No partial credit will be given.*

1. **Course Requirements / Evaluation:**

Item Points Percentage

Syllabus Quiz 5 5%

5 Canvas Modules 25 25%

Midterm Exam (Course Survey) 5 5%

**\***Participation (Total Weekly Moves = -5, 0, +5 see chart below) 60 60%

(1 week=Sun 12:01am-Sat 11:59pm)

Final Exam (Course Survey) 5 5%

Total 100 100%

\*\*Extra Credit – College of Education SONA

**Orientation/Syllabus Quiz** (5%) - Week 1 posted on Canvas. Review the Course Syllabus on Canvas and then complete the Syllabus Quiz.

**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. Quiz questions are randomly generated from the e-book.

**Midterm Exam** (5%) – Complete Course Survey on Canvas

The midterm exam will consist of a short course survey on Canvas regarding your experiences in Active Auburn.

**Participation** **–Total Weekly Moves** (60%) – Students are required to achieve a weekly total of “moves” as recorded by the Movband 3.

(1 week = Sunday 12:01am-Saturday 11:59pm)

Weekly move data are automatically provided to instructors when Movband trackers are registered according to your Active Auburn course section and synced with a computer or smartphone. **It is strongly suggested that you sync your Movband frequently (daily) to ensure your physical activity is being recorded properly. Check to be sure the amount of moves synced correlates with the amount displayed on your device. If it does not correlate, contact** [**info@dhsgroup.com**](mailto:info@dhsgroup.com) **for assistance, screenshot your device for documentation, and let your instructor know as soon as possible.**

*Also please note that the expected “Total Weekly Moves” increase as the semester progresses as indicated in the table below and Course Content.*

|  |  |  |  |
| --- | --- | --- | --- |
| Total Weekly Moves | -5 points earned | 0 points earned | +5 points earned |
| 56,000 | < 28,000 | 28,000-55,999 | 56,000+ |
| 63,000 | < 35,000 | 35,000-62,999 | 63,000+ |
| 70,000 | < 42,000 | 42,000-69,999 | 70,000+ |
| 77,000 | < 49,000 | 49,000-76,999 | 77,000+ |
| 84,000 | < 56,000 | 56,000-83,999 | 84,000+ |

\***If your Movband malfunctions, YOU are responsible for contacting your instructor and** [**info@dhsgroup.com**](mailto:info@dhsgroup.com) **for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.**

**Final Exam/Course Survey** (5%) – Complete Course Survey on Canvas

The final exam will consist of a short course survey on Canvas regarding your experiences in Active Auburn.

Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

**\*\*College of Education SONA EXTRA CREDIT OPPORTUNITY**

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email brocksj@auburn.edu. If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

**CLASS ATTENDANCE**

Attendance will be recorded through Movband weekly reports that are automatically visible to your instructor when you register your device, join your section’s group, and sync your device using a computer or smartphone. It is suggested to sync often (daily) to ensure your moves are being documented properly. If you do not sync your Movband 3 by the weekly due date (Saturday 11:59pm), the report will show your instructor that you had “0” moves for the week. **Completed moves that have not been synced by the due date will not be counted.**

**MOVBAND REGISTRATION**

Please follow these steps for Movband Registration:

* 1. Purchase and pick-up your Movband 3 according to the detailed instructions listed in section 3 of this syllabus (Texts or Major Resources). Bring your receipt and photo identification for pick-up.
  2. Connect your Movband 3 to a computer using the included USB charging cord.
  3. Go to [movable.com/hello-movband3](http://www.movable.com/hello-movband3) and follow the steps to Connect, Install, Download Movband Sync, and Register using your invitation code **Section9F16**.
  4. If you have a smartphone you can sync your Movband 3 wirelessly after you install the “HealthSpective” app from the App Store on your phone. Otherwise, you will need to connect your Movband to your computer to sync.

**UPDATING YOUR MOVBAND** (this may not be necessary if your movband shows “Current Version”

Please follow these steps for updating your Movband to the latest firmware using a PC or Mac (failure to update to the latest firmware may cause syncing problems):

On a PC:

1. Connect your Movband to your computer using the supplied USB charging cord.

2. Locate the movable sync icon in the lower right tray by the clock of your computer.

(You may need to expand the viewable icons by clicking the up arrow.)

3. Right click the Movable sync icon.

4. Click Check for Updates (If you do not see a pop-up box, try minimizing the other

screens that are open, as the box may be hiding behind them).

* 1. If you see “Update to Version 3.12 is Required”, click “Upgrade Now”. (If the

Firmware Version is already 3.12, no further action is required).

* 1. MOST IMPORTANT! Do not unplug the device until the upgrade has completed.

This could render the device unusable resulting in a “BLE” screen.

On a Mac

1. Connect your Movband to your computer using the supplied USB charging cord.

2. Locate the movable sync icon in the upper right tray by the clock of your computer.

3. Click the sync icon.

4. Click About Movband sync.

5. Click Update sync.

6. MOST IMPORTANT! Do not unplug the device until the upgrade has completed.

This could render the device unusable.

**TIPS FOR USING YOUR Movband 3:**

1. Sync daily and verify the number of moves! This ensures that your Movband is recording your moves properly so you will receive credit appropriately.
2. Charge your Movband 3 weekly. A flashing battery icon will appear in the top right corner of the device when the battery needs to be recharged. Charging takes approximately 2 hours.
3. If your Movband malfunctions, YOU are responsible for contacting your instructor AND [**info@dhsgroup.com**](mailto:info@dhsgroup.com) for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.
4. Your Movband 3 is NOT waterproof. It is suggested to keep your Movband dry other than sweat/light rain. Swimming, showering or other water activities are not suggested. If your movband has water damage you will be expected to replace it at your cost.
5. It is suggested to wear your Movband 3 on your ankle or shoelace securely when biking or participating in other activities with limited arm movements. If you use the clip accessory, secure the device under a waistband or shoelaces to prevent loss.
6. Selecting “Custom Range” on your dashboard will allow you to look at moves for “This Week”, as opposed to the default monthly total.
7. **Course Policy Statements:**

\*No daily attendance policy will be in effect for this course, however please note all other policies in sections 8, 9, and 10 of this syllabus.

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. 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. Excused absence documentation should be submitted to the Instructor within one week of 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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.