**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** PHED 1263-001

**Course Title:** Military Fitness for Everyone

**Term:** Fall 2016

**Day/Time:** Online

**Instructor:** Jessica Nendze

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm # 292

**Contact Email:** jln0028@auburn.edu

**Office Hours:** By Appointment

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

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

**Prerequisites:** None

1. **Texts or Major Resources:**

This course will utilize Canvas for all of the learning materials. You do not have to purchase any textbook.

1. **Course Description:**

Basic concepts and physical activities associated with military type physical activity training, goal-setting, and fitness principles. See course schedule at the end of this syllabus.

1. **Course Objectives:**

After taking this course you will have a working knowledge of training modalities and techniques used in

1. Understanding the principles of Military fitness training, exercise progression, strength training, flexibility training, functional exercise, mobility and agility training, overtraining, and basic sports injuries.
2. Gaining an appreciation of Military leadership skills, methods of self-motivation, importance of goal setting, and the benefits of maintaining a healthy fit lifestyle.
3. Acquiring skills and knowledge about goal setting, leadership, developing
4. **Course Content:**

*Course Schedule and Academic Calendar are at end of syllabus.*

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

Quizzes (152 points total):

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. There is also one Syllabus Acceptance Quiz. (15 @ 10pts each & 1 @ 2pts)

Assignments (460 points total):

*Activity Log*- 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. (16 @ 10pts each, 160 pts total)

*Goal setting activities* - Setting original goals, monitoring of goals, and modifying goals after each APFT. (100pts total)

*Fitness Assessments* - 1:1:1 and 4 APFTs. (150 pts total)

* 1:1:1 - Completion - 50 pts
* APFT 1 - 25pts
* APFT 2 - 25pts
* APFT 3 - 25pts
* APFT Final - 25pts

*General Assignments*- (10 @ 5 points each, 50pts total)

* Develop a training progression for weeks 4-8
* Design a functional training program for yourself
* Develop self-motivation strategies
* Develop a recovery plan to prevent overtraining
* Assess and determine your leadership style
* Develop an imaginative training program
* Research and create a presentation on a sports injury
* Analyze your current diet, create goals for change
* Develop a plan to keep fit while recovering from an injury
* Develop self-motivation plan for future

Discussions (100 points total):

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 classmate’s discussion. (4 @ 25pts each)

Extra Credit (100 total points possible):

*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

1. **Course Requirements / Evaluation:**

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 11:59PM SATURDAY 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 at least 36 HOURS PRIOR to the deadline for the assessment completion. Questions will not be reviewed or additional points given after that time. No Exceptions.*

Quizzes = 152 points

Assignments = 460 points

Discussions = 100 points

Possible additional activity points = 100 points

Total Possible points = 712 req. assignments (100 additional possible)

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

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = Below 59%

**\*\*SONA EXTRA CREDIT OPPORTUNITY**

Your class has the opportunity to participate in the online research participation system, 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.

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

1. **Course 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:

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.

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.

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

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.

**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.

1. **Course Schedule:**

***\*\*\*All Quizzes, Discussions and a few miscellaneous assignments are available for early completion, starting August 16th at 6:00am.\*\*\****

**\*--\*--\*Make Sure to Include weekly activities in your weekly fitness logs!\*--\*--\***

**Week 1   August 16th- 20th**

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. **Syllabus Quiz due Saturday, August 20th by 11:59pm**
6. **Quiz 1 due Saturday, August 20th by 11:59pm**
7. **All Assignments (See Module 1) due Saturday, August 20th by 11:59pm**

**Week 2    August 22nd-27th**

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 Saturday, August 27th by 11:59pm**
9. **All Assignments (See Module 2) due Saturday, August 27th by 11:59pm**

**Week 3    August 29th-  September 3rd**

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 Saturday, September 3rd by 11:59pm**
8. **All Assignments (See Module 3) due Saturday, September 3rd by 11:59pm**

**Week 4      September 5th- September 10th**

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 Saturday, September 10th by 11:59pm**
9. **All Assignments (See Module 4) due Saturday, September 10th by 11:59pm**

**Week 5      September 12th- 17th**

Topic: Strength training

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

Activities:

1. APFT
2. Assessing your APFT results
3. Preparation Drill, 4 for the Core, Hip stability drill
4. Introduction to military movement drill 1
5. Conditioning drill 2
6. Climbing drill 2
7. Run training / foot march
8. Recovery drill
9. **Quiz 5 due Saturday, September 17th by 11:59pm**
10. **All Assignments (See Module 5) due Saturday, September 17th by 11:59pm**

**Week 6       September 19th- 24th**

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 Saturday, September 24th by 11:59pm**
9. **All Assignments (See Module 6) due Saturday, September 24th by 11:59pm**

**Week 7      September 26th- October 1st**

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 Saturday, October 1st by 11:59pm**
9. **All Assignments (See Module 7) due Saturday, October 1st by 11:59pm**

**Week 8      October 3rd- 8th**

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 Saturday, October 8th by 11:59pm**
10. **All Assignments (See Module 8) due Saturday, October 8th by 11:59pm**

**Week 9    October 10th-15th**

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 Saturday, October 15th by 11:59pm**
10. **All Assignments (See Module 9) due Saturday, October 15th by 11:59pm**

**Week 10     October 17th-22nd**

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 Saturday, October 22nd by 11:59pm**
8. **All Assignments (See Module 10) due Saturday, October 22nd by 11:59pm**

**Week 11      October 24th- 29th**

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 Saturday October 29th by 11:59pm**
9. **All Assignments (See Module 11) due Saturday October 29th by 11:59pm**

**Week 12     October 31st- November 5th**

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 Saturday, November 5th by 11:59pm**
9. **All Assignments (See Module 12) due Saturday, November 5th by 11:59pm**

**Week 13      November 7th- 12th**

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 Saturday, November 12th by 11:59pm**
10. **All Assignments (See Module 13) due Saturday, November 12th by 11:59pm**

**Week 14      November 14th- 19th**

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 Saturday, November 19th by 11:59pm**
9. **All Assignments (See Module 14) due Saturday, November 19th by 11:59pm**

**Week 15      November 21st- 26th**

**THANKSGIVING BREAK--\* MAKE SURE TO COMPLETE ALL ASSIGNMENTS- YOU STILL WANT TO SEE PROGESSION IN YOUR TRAINING PROGRAMS**

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 Saturday, November 26th by 11:59pm**
10. **All Assignments (See Module 15) due Saturday, November 26th by 11:59pm**

**Week 16        November 28th- December 3rd**

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 (See Module 16) INCLUDING EXTRA CREDIT are due *Saturday, December 3rd* by 11:59pm**

**Fall 2016 Academic Calendar**

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| --- | --- |
| Aug. 16 | Classes Begin |
| Aug 23 - Sep 6 | Drop Course Penalty Days |
| Sept. 5 | Labor Day |
| Sept. 6 | 15th Class Day\* |
| Sept. 28 | Early Alert/Mid-Term Grade Deadline |
| Oct. 5 | Mid-Semester- 36th Class Day + |
| Oct. 12 | 41st Class Day++ |
| Oct. 14 | Fall Break |
| Nov. 4 | Last day to withdraw from a Fall 2016 course with no grade penalty |
| Nov. 21-25 | Thanksgiving Break |
| Dec. 2 | Classes End |
| Dec. 3-4 | Study/Reading Days |
| Dec. 5-9 | Final Exam Period |
| Dec. 10 | Commencement |

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| --- | --- |
| \* | Last day to withdraw from a course with no grade assignment |
| + | Student deadline for request to faculty member to move finals |
| ++ | Student deadline for requesting Associate Dean's permission to move finals. |