Course Syllabus: **Military Fitness for Everyone**

PHED 1263-002

Spring 2019

**Day/Time**: ONLINE

**Instructor**: Jordan Church

**Office Address**: 301 Wire Road

**Contact Email**: jnc0046@auburn.edu

**Office Hours**: By Appointment

**Room**: 241 in the Kinesiology Building

**Secondary Contact**: Dr. JoEllen Sefton, jmsefton@auburn.edu

**Credit Hours**: 2 credit hours

**Prerequisites**: None

Texts or Major Resources:

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

Course Description:

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

Course Objectives:

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

* Understanding the principles of Military fitness training, exercise progression, strength training, flexibility training, functional exercise, mobility and agility training, overtraining, and basic sports injuries.
* Gaining an appreciation of Military leadership skills, methods of self-motivation, the importance of goal setting, and the benefits of maintaining a healthy fit lifestyle.

Course Content:

Course Schedule and Academic Calendar are at the *end of the syllabus*. All assignments, quizzes, exams, personal activity logs, and videos will be submitted via Canvas.

**Quizzes** (152 points total):

Quizzes 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 week's 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. (125 pts total)

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

*General Assignments* - (10 @ 10 points each, 100pts 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. If you do not gain **prior** approval then your extra credit submission will **not** be accepted. Extra credit files must be submitted through AU Access prior to the assignment closing. Submissions through email or another format will not be accepted.

* 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 *PRE- approval*

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 **4:59 PM FRIDAY** 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 in required 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%

Course Policy Statements:

* **Participation**: Students are expected to participate in all online discussions and postings. It is the student’s responsibility to contact the instructor within 24 hours 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.
* **Late Work**: **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 the 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 lookup missed questions. If the answer is still unclear, please make an appointment or send me an e-mail within 24 hours 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**: This is an online course. All material is available from the start of the semester. There are limited reasons that students should miss assignments. Please plan ahead. There will be no extra credit allowed other than what is already explained in this course.

Students may be granted excused absences from class for the following reasons: serious illness of the student or 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 (Links to an external site.)Links to an external site. 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 online 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 completed 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.

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.

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.

**COURSE SCHEDULE**:

\*\*\*All Quizzes, Discussions and a few miscellaneous assignments are available for early completion, startingAug 16th, 2019

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

**Week 1 Aug 19th-23rd, 2019**

**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. Introduction to 4 for the Core
3. Introduction to Hip stability drill
4. Syllabus Quiz due Friday, Aug 23rd by 4:59 pm
5. Quiz 1 due Friday, Aug 23rd by 4:59 pm
6. All Assignments (See Module 1) due Friday, Aug 23rd by 4:59 pm

**Week 2 Aug 26th-30th, 2019**

**Topic**: Goal Setting, principles of training, body mechanics, and introduction to Army Physical Readiness Training (PRT).

**Readings**: Goal setting powerpoint, 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 Friday, Aug 30th by 4:59 pm
9. All Assignments (See Module 2) due Friday, Aug 30th by 4:59 pm

**Week 3 Sept 2nd-6th, 2019**

**Topic**: Components of PRT. Principles of exercise progression

**Readings**: Progression PowerPoint and readings, progression readings. 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 Friday, Sept 6th by 4:59 pm
8. All Assignments (See Module 3) due Friday, Sept 6th by 4:59 pm

Labor Day is **Sept 2nd, 2019**

**Last day to drop a course with no grade assignment – Sept 9th, 2019**

**Week 4 Sept 9th-13th, 2019**

**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, Condition Drill 1
4. Introduction to conditioning drill 2
5. Introduction to climbing drill 2
6. Run training
7. Recovery drill
8. Quiz 4 due Friday, Sept 13th by 4:59 pm
9. All Assignments (See Module 4) due Friday, Sept 13th by 4:59 pm

**Week 5 Sept 16th-20th, 2019**

**Topic**: Strength training

**Readings**: Strength training powerpoint 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 Friday, Sept 20th by 4:59 pm
10. All Assignments (See Module 5) due Friday, Sept 20th by 4:59 pm

**Week 6 Sept 23rd-27th, 2019**

**Topic**: Mobility, agility and functional movement

**Readings**: Functional training powerpoint and readings. Graded discussion board

**Activities**:

1. Design a functional training program for yourself
2. Preparation Drill, 4 for the Core, Hip stability drill, Military Movement Drill 1
3. Introduction to military movement drill 2
4. Climbing drill 2
5. Run training
6. Recovery drill
7. Quiz 6 due Friday, Sept 27th by 4:59 pm
8. All Assignments (See Module 6) due Friday, Sept 27th by 4:59 pm

**Week 7 Sept 30th- Oct 4th, 2019**

**Topic**: Motivation

**Readings**: Motivation powerpoint 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( found in "STRENGTH & MOBILITY pdf from week 6)
5. Climbing drill 2 ( video is in week 4 module)
6. Run training/foot march
7. Recovery drill
8. Quiz 7 due Friday, Oct 4th by 4:59 pm
9. All Assignments (See Module 7) due Friday, Oct 4th by 4:59 pm

**Week 8 Oct 7th-11th, 2019**  (Fall Break is Oct 10th-11th)

**Topic**: Rest, recovery, and balance – overtraining

**Readings**: Rest, recovery, and balance – overtraining PowerPoint and readings, 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 **Friday, Oct 11th by 4:59 pm (during Fall Break)**
10. All Assignments (See Module 8) **due Friday, Oct 11th by 4:59 pm (during Fall Break)**

**Week 9 Oct 14th-18th, 2019**

**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. Recovery drill
8. Quiz 9 due Friday, Oct 18th by 4:59 pm
9. All Assignments (See Module 9) due Friday, Oct 18th by 4:59 pm

**Week 10 Oct 21th-25th, 2019**

**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 Friday, Oct 25th by 4:59 pm
8. All Assignments (See Module 10) due Friday, Oct 25th by 4:59 pm

**Week 11 Oct 28th-Nov 1st, 2019**

**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 Friday, Nov 1st by 4:59 pm
9. All Assignments (See Module 11) due Friday, Nov 1st by 4:59 pm

**Week 12 Nov 4th-8th, 2019**

**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 Friday, Nov 8th by 4:59 pm
9. All Assignments (See Module 12) due Friday, Nov 8th by 4:59 pm

**Week 13 Nov 11th-15th, 2019**

**Topic**: Fueling your Training

**Readings**: Sports nutrition powerpoint 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 Friday, Nov 15th by 4:59 pm
10. All Assignments (See Module 13) due Friday, Nov 15th by 4:59 pm

**Week 14 Nov 18th-22nd, 2019**

**Topic**: Special training for special circumstances

**Readings**: Training while injured, recovery from injury, special needs PowerPoint and readings

**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 14 due Friday, Nov 22nd by 4:59 pm
10. All Assignments (See Module 14) due Friday, Nov 22nd by 4:59 pm

**Week 15 Nov 25th-29th, 2019**

**Topic**: After Action Review (AAR)

**Activities**:

1. Final APFT
2. Develop goals to continue fitness program
3. Develop self-motivation plan for future
4. Preparation Drill, 4 for the Core, Hip stability drill
5. Your favorite training for each area of fitness
6. Final foot march with load
7. Recovery drill
8. Quiz 15 due Friday, Dec 6th by 4:59 pm

All Assignments (See Module 15) INCLUDING EXTRA CREDIT are due Friday, Dec 6th by 4:59 pm.