**PHED 1393**

**Weight Management**

**Fall 2019**

**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** PHED 1393

**Course Title:** Weight Management

**Term:** Fall 2019

**Day/Time:** Distance Education Course

**Instructor:** Alexandra Venezia

**Office Address:** KINE 149a

**Contact Information: apv0004@auburn.edu**

**Office Hours:** available by request.

 **2. Credit Hours:** 2 semester hours

**Prerequisites:** None

**Co-requisites:** None

**3. Text (Required):** None

**4. Course Description:** Nutrition and exercise concepts associated with maintaining a healthy weight.

**5. Student Learning Outcomes:**

After taking this course you will have a working knowledge in:

* Understand basic fitness concepts and how to formulate a basic personalized exercise prescription.
* Understand basic nutrition concepts and how to formulate a basic nutrition plan.
* Be able to track exercise behavior.
* Be able to monitor dietary intake and engage in healthy eating behaviors.
* Participate in exercise appropriate for the individual.

**6. Course Content Outline:**

|  |  |
| --- | --- |
| **Due Date** | **Topic & Assignments** |
| 8/25 | Listen to Intro Fall 2019 PowerPoint(**\*Note**: you must download your PowerPoints and watch in slideshow format in order to LISTEN to the narration content that is within the slides).Syllabus Quiz |
| 9/1 | Listen to Exercise Basics PowerPointExercise Basics Quiz |
| 9/8 | Listen to Food Presentation PowerPointFood Quiz |
| 9/15 | Listen to Managing the Scale PowerPointManaging the Scale Quiz |
| 9/22 | Fitness Log 1Food Log 1 |
| 9/29 | Fitness Log 2Food Log 2 |
| 10/6 | Fitness Log 3Food Log 3 |
| 10/13 | Fitness Log 4Food Log 4 |
| 10/20 | Fitness Log 5Food Log 5 |
| 10/27 | Fitness Log 6Food Log 6 |
| 11/3 | Fitness Log 7Food Log 7 |
| 11/10 | Fitness Log 8Food Log  |
| 11/17 | Fitness Log 9Food Log 9 |
| 11/24 | Fitness Log 10Food Log 10 |
| 12/8 | Fitness Log 11Food Log 11 |

**7. Course Requirements / Evaluation:**

|  |  |  |
| --- | --- | --- |
| **Evaluations** | **Value** | **Description** |
| 1) Quizzes |  100 (4 quizzes; 3 quizzes at 30 points each; 1 syllabus quiz at 10 points) | Quizzes will be conducted online via Canvas. All quizzes will be close on a fading syllabus (see course calendar). Once the quiz is open you will have 45 minutes to take the quiz. You can only take the quiz once. You may use your notes from PowerPoints to answer the quiz questions. You may NOT work together to complete the quizzes. I do not accept unexcused late quizzes.All quizzes must be submitted on their due date by 11:59pm (CT). |
| 2) Food Logs | 100 points(10 points each) | You will need to monitor your nutrition over the course of the semester. Each week you will submit your nutrition logs with at least 2 days of monitoring per week. The food log must be submitted on their due date by 11:59pm (CT). The introduction slide discusses various ways in which you can monitor your food intake. Each log must contain the following: * Proper title with the correct week number. (i.e. Week 1: Food Log).
* List of foods eaten with serving size
* Statement of food goal (i.e. my goal is to increase, decrease, or maintain my weight).
* Reflect on the following questions: Is this my typical diet? Does this meet my weight management needs? Which of the food rules am I applying? How can I improve?

**Please Note:** there are 11 Food Log assignment opportunities – you have the autonomy to choose which 10 weeks you would like to submit. Only 10 will be graded, therefore you will not receive extra points if you turn in all 11. |
| 3) Fitness Logs | 100 points(10 points each) | You will need to report your exercise each week. Assignments must be submitted on their due date by 11:59pm (CT). The exercise logs must contain the following: * Proper title with the correct week number. (i.e. Week 1: Fitness Log)
* Details of daily exercising including frequency, intensity, time and type of exercise; monitoring by some objective measure (i.e. pedometer, heart rate, miles per week)
* Monitoring by some subjective measure (i.e. RPE scale, feeling scale, or reflections).
* Address your exercise goal for that week (i.e. my exercise goal this week is to spend 60 minutes in of my activity in a moderate-to-vigorous physical activity level).

**Please Note:** there are 11 Fitness Log assignment opportunities – you have the autonomy to choose which 10 weeks you would like to submit. Only 10 will be graded, therefore you will not receive extra points if you turn in all 11. |

**8. Rubric and Grading Scale:**

|  |  |  |
| --- | --- | --- |
| Grade |  Scale |  Point Scale |
| **A** |  100 – 90 | 400-360 |
| **B** | 89.9 – 80 | 359-320 |
| **C** | 79.9 – 70 | 319-280 |
| **D** | 69.9 – 60 | 279-240 |
| **F** | Below 60 | <239 |

##  9. Class Policy Statements:

* **Please pay close attention to the due dates posted on the syllabus.** **No late assignments will be accepted after the due dates.**
* You can view your grades accumulated throughout the semester on Canvas. I will not round or give any points at the end of the semester. Please do not ask.
* The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.
1. **Attendance**: Due to the nature of this course there is no formal attendance policy. However, students are expected to follow the course outline and will be held responsible for all content covered in the syllabus and expected to meet all posted deadlines.
2. **Make-Up Policy**: Due to the nature of this course there is no formal make-up or excused absences policy. Please remember that all course content is open at the beginning of the semester and you have several weeks to complete quizzes and assignments throughout the semester. However, if an extraordinary circumstance occurs and a deadline needs to be missed or cannot be completed in the time assigned you must contact the instructor immediately to explain the circumstances and the instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor about this prior to the occurrence, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.
3. **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, and addendum to your syllabus and/or course assignments will replace the original materials.
4. **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:
* Engage in responsible and ethical professional practices
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality

**10.** **Academic Honesty Policy**:

All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* 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.

**11.** **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.