# \*\*Please make sure to check the following link frequently for changes in University policy regarding operation during the COVID-19 pandemic.\*\*

<https://ahealthieru.auburn.edu/>

**COVID-specific policies relevant to this course can be found later in this syllabus.**

AUBURN UNIVERISTY

SYLLABUS

\*Please note: “Steps” accumulated by wearing a Movband 5 is required for this course.

# Course Details:

Course Number: PHED 1003:018

Course Title: **Active Auburn**

Term: Fall 2020

Day/Time: Online

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Kenzie Friesen

Office Address: 301 Wire Road, Kinesiology Research Facility

Contact Information: kbf0017@auburn.edu

Office Hours: M/W/F 2-4pm or by appointment

Active Auburn Coordinator (secondary contact): Robin Thornburg-Brock, M.Ed. (thornr1@auburn.edu)

Movband Customer Support: Engage (support@engagemoves.com)

# Texts or Major Resources:

The two resources for this course are the e-book and a Movband 5 wearable fitness tracker as noted below.

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 $ 39.95 for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on September 5th, 2020 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 on or before September 4th, 2020.
* 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.
* Please note if you “opt out” of eBook charges, you will not have access to the materials you need to complete the course.
* **Please note: the course content featured in the e-text has been recently updated and is in the process of being replaced. Please be patient if you receive an email delaying a due date of a Canvas module quiz/assessment. All students will be given ample time to complete these assignments.**

**The Movband 5 is the ONLY device permitted for use in this class. Third party devices (Apple Watch, Fitbit, etc.) are not approved devices for Active Auburn. Additionally, a smartphone (Android or iOS 9 or greater) is required to register and sync the Movband 5. Therefore, you NEED a smartphone to participate in this course.**

**The Movband 5 is a new and improved band with a color display and multiple features used in tracking health. This band has been tested on Auburn University’s campus and has proven to be the most durable, reliable band yet. The Movband 5 is lightyears ahead of the previously-used Movband 4! We are excited to bring this new technology to you this semester and have no doubt you will be pleased with the new Movband 5!**

**Because of the efficiency of the new Movband 5, WE WILL NOT BE ALLOWING THE USE OF MOVBAND 4 BEGINNING THIS FALL 2020 AND MOVING FORWARD.**

To purchase your Movband 5 please use the following link **ONLY**: <https://dhsgroup.myshopify.com/discount/War%2520Eagle?redirect=%2Fproducts%2Fmovband-5>

**\*This link contains a discount code which you will see once you go to checkout. The discount takes $9.99 off of the original cost of the band, bringing it down to $57.20. If you do not use the provided link, you will not receive the discounted price.**

Your Movband 5 will ship directly to you so please take extra caution when entering shipping information upon Engage checkout.

**\*If your Movband malfunctions, YOU are responsible for contacting your instructor and customer support (**support@engagemoves.com**) . An unreported malfunctioning Movband is not an excuse for missing activity. Please note these troubleshooting steps are REQUIRED if you wish to remain in the course. If these steps are not followed, make-up work will not be provided. If you choose not to follow the suggested steps, please note the adjusted drop dates in the following calendar (under #6: Course Content) and consider dropping the course.**

# 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 5). More information about Movband 5 is given below (see Course Requirements / Evaluation - section 7).

# 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.

# Course Content: (assignment due dates/exams are in bold and highlighted)

Week 1: **Syllabus Quiz –** **8/21/2020**

1. Purchase your Movband 5 using this link: <https://dhsgroup.myshopify.com/discount/War%2520Eagle?redirect=%2Fproducts%2Fmovband-5> (see 3. Texts or Major Resources in this

syllabus)

1. Download the **Engage Moves M5** app from your app store
2. Create your account using your **AUBURN EMAIL**
3. Connect/sync your Movband 5 (see MOVBAND REGISTRATION for additional advice)
4. Join your specific section’s group using this code: **sect18fall20**

You can join your group through the app upon set-up or through the website at a different time [www.engagemoves.com](http://www.engagemoves.com) (see JOINING MY GROUP for additional instructions).

Week 2: **Canvas Module #1 - Exercise Vocabulary – 8/28/2020**

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

Movband, however if you reach 42,000 total steps for the week, **this will**

**count toward your Week 14 grade**. To receive credit, you must have

joined your Instructor’s section/group on Engage by using the invite code

provided by your instructor and sync your Movband by **8/29/2020**

SATURDAY at 11:59pm. (Week 2 includes August 23rd-August 29th).

**NOTE: Your total expected steps will increase every 2-3 weeks as indicated below. Completed steps that have not been synced by the due date (Saturday at 11:59pm) will not be counted.**

**Daily syncing is encouraged.**

Week 3: **Canvas Module #2 - Health Benefits of Engaging in Regular Physical**

**Activity – 9/4/2020**

Achieve Total Weekly Steps of **42,000** 8/30/2020-9/5/2020

 \*Please note your grade is based on Weekly “Steps” not “moves”

**- Last day to drop a course with no grade assignment – 9/4/2020**

Week 4: Achieve Total Weekly Steps of **49,000** 9/6/2020-**9/12/2020**

Week 5: **Canvas Module #3 - FITT Principles – 9/18/2020**

 Achieve Total Weekly Steps of **49,000** 9/13/2020-**9/19/2020**

Week 6: Achieve Total Weekly Steps of **56,000** 9/20/2020-**9/26/2020**

Week 7: **Canvas Module #4 - Behavioral Change Strategies – 10/2/2020**

 Achieve Total Weekly Steps of **56,000** 9/27/2020-**10/3/2020**

Week 8: Achieve Total Weekly Steps of **56,000** 10/4/2020-**10/10/2020**

Week 9: **Canvas Module #5-Preparing and Recovering from Exercise–10/16/2020**

 Achieve Total Weekly Steps of **63,000** 10/11/2020-**10/17/2020**

Week 10: Achieve Total Weekly Steps of **63,000** 10/18/2020-**10/24/2020**

Week 11: Achieve Total Weekly Steps of **63,000** 10/25/2020-**10/31/2020**

Week 12: Achieve Total Weekly Steps of **70,000** 11/1/2020-**11/7/2020**

Week 13: Achieve Total Weekly Steps of **70,000** 11/8/2020-**11/14/2020**

 \**Final Exam/Course Survey (****NOT AU-EVALUATE)*** *opens 11/9*

Week 14: Achieve Total Weekly Steps of **70,000 *UNLESS PRACTICE WEEK***

***COMPLETED DURING WEEK 2.*** If practice week utilized, no steps are due

this week. 11/22/202011/15/2020-**11/21/2020**

* **Last day to withdraw from course with no grade penalty. “W” assigned**

 **– 11/24/2020**

Week 15: (potential make-up week for excused absences; assigned by coordinator/instructor) If utilized, **70,000** weekly steps are due by **11/28/2020**

* **Thanksgiving Break: 11/25/2020-11/27/2020**

Week 16: **Final Exam/Course Survey-(NOT AU-Evaluate) 11/9/2020-12/4/2020**

(potential make-up week for excused absences; assigned by coordinator/instructor) 11/29/2020-12/5/2020– If utilized, **70,000** weekly steps are due by 12/5/2020)

\*No partial credit will be given.

Course Requirements / Evaluation:

Item Percentage

5 Canvas Modules/Syllabus Quiz/Final Survey 25%

**\***Participation\*MUST HAVE JOINED CORRECT GROUP TO

RECEIVE PARTICIPATION CREDIT\* (Total Weekly Steps =

 0, +3, +5 see chart below) 75%

(1 week=Sun 12:00am-Sat 11:59pm)

Total 100%

Syllabus Quiz

Week 1 posted on Canvas. Review the Course Syllabus on Canvas and then complete the Syllabus Quiz.

Canvas Module Assessments

Conducted online using Canvas. See schedule of Course Content for due dates. Quiz questions are randomly generated from the e-book. Students are only allowed to take these assessments once.

## Participation –Total Weekly Steps (75%)

Students are required to achieve a weekly total of “steps” as recorded by the Movband 5. (1 week = Sunday 12:00am-Saturday 11:59pm)

**Weekly step data is provided to instructors ONLY AFTER Movband trackers are registered to an individual student’s account, and that individual student has joined their course section by entering the invite code provided**. The student must then successfully sync 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 steps synced correlates with the amount displayed on your device. If it does not correlate, contact Engage customer support (**support@engagemoves.com**) for advice, screenshot your device for documentation, and let your instructor know as soon as possible.**

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

**Grading Chart**

|  |  |  |  |
| --- | --- | --- | --- |
| Total Weekly Steps | 0 points earned | 3 points earned | 5 points earned |
| 42,000 | <33,600 | 33,600-41,999 | 42,000+ |
| 49,000 | <39,200 | 39,200-48,999 | 49,000+ |
| 56,000 | <44,800 | 44,800-55,999 | 56,000+ |
| 63,000 | <50,400 | 50,400-62,999 | 63,000+ |
| 70,000 | <56,000 | 56,000-69,999 | 70,000+ |

**\*If your Movband malfunctions, YOU are responsible for contacting your instructor and customer support (**support@engagemoves.com **). An unreported malfunctioning Movband is not an excuse for missing activity.**

## Final Exam/Course Survey

Complete Course Survey on Canvas

The final exam will consist of a course survey on Canvas. (NOT AU-Evaluate)

Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

## CLASS ATTENDANCE

Attendance will be recorded through Movband 5 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 smartphone. It is suggested to sync often (daily) to ensure your steps are being documented properly. If you do not sync your Movband by the weekly due date (Saturday 11:59pm), the report will show your instructor that you had “0” steps for the week. **Completed steps that have not been synced by the due date will not be counted.**

## MOVBAND REGISTRATION

Please follow these steps for Movband Registration:

1. Purchase your Movband 5 using the following link: <https://dhsgroup.myshopify.com/discount/War%2520Eagle?redirect=%2Fproducts%2Fmovband-5>
2. Download the **Engage Moves M5** app on your smartphone.
3. On the app’s start screen, select “Create an Account”. Enter your information accordingly and use your **Auburn email**. You will be prompted to join a group. Your group invite code is **sect18fall20. Please note: invite codes are case sensitive! All letters should be typed exactly as shown.**
4. Your device is now connected to your account. You will need to use this app to sync your steps.

JOINING MY GROUP (only needed if you did not join through the Engage Moves M5 app or are taking Active Auburn for a 2nd time)

* 1. Go to the Engage website login page by following this link: [Engage Login](https://dashboard.movable.com/education/sign_in/form)
	2. Choose “sign in” and enter your credentials.
	3. From the dropdown menu under your name, choose “my account.”
	4. On the left-hand side of the screen choose “groups.”
	5. You will see a box to type in your invite code.
	6. Type in **sect18fall20** and click “Join Group.” Please make sure to type in the code EXACTLY as it has been given to you.
	7. You should then see your group listed on this same page.

**The Movband 5 is the ONLY device permitted for use in this class. Third party devices (Apple Watch, Fitbit, etc.) are not approved devices for Active Auburn. Additionally, a smartphone (Android or iOS 9 or greater) is required to register and sync the Movband 5. Therefore, you NEED a smartphone to participate in this course. Additionally, as previously mentioned, we will not be allowing the use of the Movband 4 from this point forward.**

## TIPS FOR USING YOUR Movband 5:

1. Make sure you have the most updated version of the **Engage Moves M5** app used to sync your band.
2. Sync daily and verify the number of steps! This ensures that your Movband is recording your steps properly so you will receive credit appropriately.
3. Charge your Movband 5 every 3-5 days. You will be able to see your remaining battery life on your Movband 5 screen.
4. If your Movband malfunctions, YOU are responsible for contacting your instructor AND Engage customer support (support@engagemoves.com ) for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.
5. Selecting “Custom Range” on your computer dashboard will allow you to look at steps for “This Week”, as opposed to the default monthly total.
6. Make sure you choose “steps” as opposed to “moves” from the dashboard drop-down menu when evaluating your goals on the Engage website.
7. Please be aware that if you try to sync in a time zone apart from Central Standard Time, you may experience issues with syncing. Please inform your instructor **prior** to needing to sync in another time zone and be sure to sync your device when you get back to CST.

\*\*Regardless of how you sync, it is still your responsibility to submit your weekly steps on time.

# 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.” 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. Appropriate documentation for all excused absences is required. Please refer to the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) [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 absence**. 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 (such as an H1N1 flu outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. In the event that a back-up instructor is necessary, Kevin Giordano will fill in for me, and class will continue to be delivered online.

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

# 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.

**Statement on Misuse of Movbands**

Misuse of Movbands for course credit is a direct violation of the Auburn University academic honesty code and is easily detected based on user activity data. Misuse (e.g., placing in/on moving appliances/animals) typically results in a malfunctioned band which requires purchase of a new band for continuation in the course. Make-up weeks will not be provided in the case of Movband misuse. Suspected misuse of Movbands for course credit will be reported to the Office of the Provost and 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.

**\*\*COVID-19 POLICIES\*\***

**Attendance Policy**

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes. My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others.

Please do the following in the event of an illness or COVID-related absence:

* Notify me in advance of your absence if possible (or within 48 hours of missed class)
* Keep up with coursework as much as possible
* Participate in class activities and submit assignments electronically as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam

Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.

**Face Covering Policy**

In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Instructional Contingency Plan**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

***This syllabus is a working document; the instructor reserves the right to modify or alter the syllabus throughout the semester.***