**PHED 1393**

**Weight Management**

**Fall 2020**

**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** PHED 1393

**Course Title:** Weight Management

**Term:** FALL 2019

**Day/Time:** Distance Education Course

**Instructor:** Katie Spring

**Office Address:** KINE 122

**Contact Information: kzw0076@auburn.edu**

**Office Hours:** Tuesday and Thursdays from 10 – 11 am.

 **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 Engage in healthy eating behaviors.
* Participate in exercise appropriate for the individual.
* Understand other factors that may contribute to weight management long-term.

**6. Course Content Outline:**

 **Due Date Topic & Assignments**

 **Week 1** Module 0, Syllabus Quiz, Reflection 1

 **Week 2** Module 1, Exercise and Fitness Quiz, Reflection 2

 **Week 3** Module 2, Nutrition Quiz, Reflection 3

 **Week 4** Module 3, Principles of Stress Quiz, Reflection 4, Fitness Log 1, Nutrition Log 1

 **Week 5** Module 4, Principle of Sleep Quiz, Reflection 5, Fitness Log 2, Nutrition Log 2

 **Week 6** Module 5, Managing the Scale Quiz, Reflection 6, Fitness Log 3, Nutrition Log 3

 **Week 7** Reflection 7, Fitness Log 4 Nutrition Log 4

 **Week 8** Reflection 8, Fitness Log 5, Nutrition Log 5

 **Week 9** Reflection 9, Fitness Log 6, Nutrition Log 6

 **Week 10** Reflection 10, Fitness Log 7, Nutrition Log 7

 **Week 11** Fitness Log 8, Nutrition Log 8

 **Week 12** Fitness Log 9, Nutrition Log 9

 **Week 13** Reflection 11, Fitness Log 10, Nutrition Log 10

 **Week 14** Reflection 12

**7. Course Requirements / Evaluation:**

1. **Quizzes - 100 points (6 Quizzes)** Quizzes will be conducted online via Canvas. All quizzes will close on a fading syllabus (see course calendar). Once the quiz is open you will have 45 minutes to take the quiz. You can take the quiz only once. You may use your notes and Canvas to answer the quiz questions. You may NOT work together to complete the quizzes.
2. **Nutrition Logs – 100 points (10 Points each)** You will need to monitor your nutrition over the course of the semester. Each week you will submit logs with at least TWO days of monitoring per week. Logs must be submitted on due day (see course calendar). Each log must contain the following:
* Proper title with the correct week number. (Week 1 Nutrition Log), including the correct week number within the log itself.
* List of foods eaten with serving size and statement of weight management 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?
1. **Fitness Log – 100 points (10 points each)** You will need to report at least THREE exercise each week. The exercise logs must contain the following
* Proper title with the correct week number. (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).
1. **Reflections – 100 points** You will asked to reflect on your experiences and provide a response. You are graded on the quality of your response. Be sure to fully answer the question and provide all information.

**8. Rubric and Grading Scale:**

 **Grade**

 **A** = 100 – 90% (400-360 points)

 B = 89.9 – 80% (359-320 points)

 C = 79.9 – 70% (319-280 points)

 D = 69.9 – 60% (279-240 points)

 F = Below 60% (<239 points)

##  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.