**PHED 1393: Weight Management**

**College of Education | School of Kinesiology**



To view the list of assignments, you can click the **Jump to Today** link in the top right corner of this page.

 This page is printer-friendly.

**Course Description**

PHED 1393 Weight Management will provide you with the nutrition and exercise concepts associated with maintaining healthy weight.

**Prerequisite: None**

(Credits: 2)

**Course Objectives**

Upon completion of the course, students should:

* 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.
* Understand other factors that may contribute to weight management long-term.

**Materials and Resources**

All materials and instructional resources will be delivered through Canvas. There is no additional textbook for this course.

**Instructor Communication**

* Auburn email is the official form of communication for Auburn University. Emails are a professional form of communication and therefore should not be written like a text message. Be sure to include a salutation and signature in all emails. Please include your **course and section number (PHED-1390-D01)** in your emails to me. Please remember to keep your emails polite and professional.
* If you are experiencing life problems that are affecting your academic performance, it is important to contact me **as soon as possible** (not at the end of the semester).  While the course requirements will not be altered for life problems, I will work with you during this time.  However, you need to communicate with me immediately.
* The best time to communicate with me is during the week (Monday-Friday), as I am most accessible during this time.
* **Announcements:** I may communicate from time time to time via course announcements. Be sure to turn Announcement notifications on. This can be found under: *Account -> Notifications -> Announcements -> Notify Immediately*

**Online Student Learning Expectations**

All students in this course are expected to have all the equipment and software needed to be successful in the course.

All students are expected to contribute to their own learning as active and well-prepared participants. Weekly modules will provide various opportunities for reading, reflection, applied experiences, collaboration, and writing. Since these activities are woven through the entire week and generally do not require your “electronic presence” at any particular time or day, there should be no need to "miss" class. You should plan on spending the same amount of preparation and “in class” time on this course as you would if you were taking the course face-to-face.

**Logging On**

The learning activities for each week are carefully sequenced and offered in small chunks so you can accomplish reasonable amounts throughout the week. You should log on to the course website regularly to work through course materials and participate in course discussions.

**Posting Responses**

Interaction between students is an important part of this course and requires prompt postings and responses. In an attempt to be efficient with our time and considerate of everyone’s schedules—beyond the requirements of this course—we will operate under a consistent time structure for posting assignments and responses to online discussions.

**Course Structure**

The course will follow this general pattern:

* At the start of each module, students will view the module overview video and review the module At A Glance page.
* Throughout each module, students will study the content on the course lecture pages, being sure to view any videos provided on the page.
* At the end of each module, students will complete a module quiz.
* Throughout the course, students should complete and submit their exercise and fitness logs weekly.

**The syllabus is subject to change at the discretion of the class instructor. Students will be notified in a timely manner of any syllabus changes via email.**

**Outline of Course**

This course will be broken up into six modules. The following outline presents the topics to be covered in each module.

* + Fitness and Exercise
	+ Nutrition
	+ Stress
	+ Sleep
	+ Managing the Scale
	+ Implementing Your Plan

**Assignments**

**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 only take the quiz once. You may use your notes and Canvas to answer the quiz questions. You may NOT work together to complete the quizzes. You will have 1 exam in this course that covers the material found within your weekly quizzes.

*You will also have a short quiz on the Introduction and the syllabus to ensure understanding and clarify any questions.*

**Nutrition Logs**

**Nutrition Log:** Each week you will submit your nutrition logs with at least TWO days of monitoring per week.  The introduction video discusses various ways in which you can monitor your food intake. Each log must contain the following:

* Proper title with the correct week number. (for example, Week 1 Nutrition Log), including the correct week number within the log itself.
* Target caloric intake calculated from the calorie counter (Reflection 3).
* Statement of weight management goal(s) (i.e. my goal is to increase  my weight by 5 lbs, decrease my weight by 10 lbs, build muscle mass by 3 lbs, or maintain my current weight).
* Statement of your nutrition WEEKLY goal(s) that will help you strive towards your weight management goal(s) (i.e. incorporate 20 more grams of protein into my diet this week, decrease my salt consumption by 20 grams, cook three meals this week, drink at least 90 ounces of water per day, etc.). These weekly goals must follow SMART goal principles and reflect action steps in your log. For example, if you state that your goal is to increase protein for that specific week, I should be able to see how you are accomplishing this on your log. These goals should change weekly based on your progress.
* List of foods eaten with serving size, calorie, carbohydrate, protein and fat content. At the end of each day that is logged, you will need to include the total amount of calories consumed. For this class, females will need to consume at least 1,400 calories and males will need to consume at least 2,000 calories per day to healthily fuel your body. Remember, you can submit electronic, typed or handwritten logs but they must contain all of the above information.

**Please Note: it is important for every log to be unique to the week you are completing the assignment. If you copy and paste your work from the previous week or weeks you will be given a zero for this assignment. If a log has content within it that is similar to a previous week, you will need to address that in your log and clarify your reasoning.**

[Nutrition Log Example.docx](file:////courses/1366588/files/181087946%3Fwrap%3D1)

**Fitness Logs**

**Exercise Log:** You will need to report your exercise each week. You must exercise at least THREE days per week and the exercise logs must contain the following:

* Proper title with the correct week number. (for example, Week 1 Fitness Log)
* Statement of your exercise WEEKLY goal(s) that will help you strive towards your weight management goal(s) (i.e. incorporate 15 minutes of cardio into each workout this week, exercise 3 days this week for at least 40 minutes, lift weights 2 days this week for at least 20 minutes per workout, walk at least 10,000 steps per day for 4 days this week, etc.). These weekly goals must follow SMART goal principles and reflect action steps in your log. For example, if you state that your goal is to incorporate 15 minutes of cardio into each workout for that specific week, I should be able to see how you are accomplishing this on your log. These goals should change weekly based on your progress.
* Details of daily exercising including frequency, intensity, time and type of exercise;
* Monitoring by some objective measure (i.e. pedometer, heart rate, miles per exercise session, RPE Scale, screen shot of an Activity Tracker summary).
* **Please Note: it is important for every log to be unique to the week you are completing the assignment. If you copy and paste your work from the previous week or weeks you will be given a zero for this assignment. If a log has content within it that is similar to a previous week, you will need to address that in your log and clarify your reasoning.**

[Exercise Log Example](file:////courses/1366588/files/181087947%3Fwrap%3D1)

*\*I often take the time to provide students with feedback when grading log assignments. It is your responsibility to check the grade comments to see the feedback provided.*

**Reflections**

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.

Aside from Reflections 1-3, the Reflections, Exercise Logs and Nutrition Logs will be grouped together into one assignment each week.

A complete list of assignments and due dates is posted on the Assignment page.

You can also view assignments by accessing your **Calendar.**

**Grading and Evaluation**

Achievement in this course will be assessed through completion of the following activities:

|  |  |
| --- | --- |
| Assignment Type | Points |
| Nutrition Logs (10) | 100 |
| Fitness Logs (10) | 100 |
| Reflections (12) | 120 |
| Quizzes (6) | 75 |
| Exams (1) | 30 |
| Discussions (1) | 10 |
| **Total** | **435** |

**Grading Scale**

Grades are determined on straight percentages as follows:

|  |  |  |
| --- | --- | --- |
| Letter | Points | Range |
| A | 391.5 - 435 | 90%+ |
| B | 348 - 391.4 | 80-89.9% |
| C | 304.5 - 347.9 | 70-79.9% |
| D | 261 - 304.4 | 60-69.9% |
| F | Below 261 | Below 60% |

**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.**

At Auburn University, a 4.0 grade scale is used. An A equals 4.0; B, 3.0; C, 2.0; D, 1.0; and F equals 0.0. Students must maintain a 2.0 average GPA in all courses in order to progress in this program. If addition, students must earn at least a D in each individual course in order to earn credit and progress to the next course.

For more detailed information about university grading standards, please refer to information on the following link: [Auburn University Undergraduate Academic Policies on Grades](https://www.auburn.edu/cosam/departments/student-services/academic-policies.htm#grades)

**Posting/Appealing Exam and Assignment Grades**

All exam and assignment grades will be posted to Canvas. Students will have five business days from the date that the exam/assignment scores are posted on Canvas to send an email to the instructor requesting grade adjustments on their work. To appeal a grade that you have received, please compose and send an email to your instructor writing out the exam or assignment in question, indicating the answer you submitted, and providing a written justification from the reading/class notes/etc. on why you think your answer is correct.

Once received, the instructor may or may not communicate with you regarding your appeal. Ultimately, the instructor will render a decision. If no appeal is sent to the instructor after five business days, the assignment score is final. Failure to monitor your progress as the semester progresses does not warrant a re-grade on assignments evaluated earlier in the semester. Once the 5-day appeal period has passed, students forfeit their right to have the graded material reassessed at a later date.

**Course Policies**

**Late Assignment Policy**

Please pay close attention to the due dates posted on the syllabus. No late assignments will be accepted after the due dates.

**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.

**Make-Up Policy**

Due to the nature of this course there is no formal make-up or excused absences policy. 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.

**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

**Course Contingency Plan**

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.

**Program Policies**

**Academic Integrity**

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.

Auburn University has adopted an Honor System proposed by its students and faculty to promote academic integrity and has enacted the following code:

*“We, the faculty, instructors, and students of the (University course here) pledge to fulfill our mutual responsibilities to each other and the academic community at large with honor and integrity in order to build and maintain a climate of respect and trust that will enhance our research, teaching, and learning. We will support the Honor System of the School, and will not tolerate activities that undermine academic integrity.”*

Academic dishonesty is an offense that will be reported to the Academic Honesty Committee. Please refer to the following document for further information regarding academic honesty: [Auburn University Student Academic Honesty Code](https://sites.auburn.edu/admin/universitypolicies/policies/academichonestycode.pdf)

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.

**Accessibility**

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.