# \*\*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 UNIVERSITY

SYLLABUS

Fall 2023

# Course Details:

Course Number: PHED 1380-D01

Course Title: Kettlebell Training

Day/Time: N/A (Online Course)

Location: N/A

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Anthony W. Fava Email: awf0016@auburn.edu

*Include course title & section # in the subject of the email]*

Office Address: 301 Wire Road, Kinesiology Research Facility, Office 003

Office Hours: By appointment only via email.

Secondary Contact: Robin Thornburg-Brock; thornr1@auburn.edu

# Texts or Major Resources:

This PHED course will utilize compiled online resources that will be available on the Canvas web page within each module section. All students in this course are expected to have all the equipment and software needed to be successful in the course.

# Course Description:

This course is designed to teach students the fundamental concepts of hardstyle kettlebell training and program development incorporating kettlebells.

# Course Objectives:

After taking this course you will have a working knowledge of skill and techniques used in kettlebell training for exercise to apply in your own routines. All students are expected to contribute to their own learning as active and well-prepared participants. 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.

# Course Content: (assignment due dates/exams are in bold and highlighted by 11:59pm)

Week 1: **Classes Begin – 8/16/2023**

 **Syllabus Quiz –** **8/20/2023**

Week 2: **Canvas Module #1 – Introduction to Kettlebell Training**

**Introduction Quiz– 8/25/2023**

Week 3: **Canvas Module #2 – Kettlebell Deadlifts**

**Quiz:-** **9/1/2023**

**- Last day to drop a course with no grade assignment – 9/6/2022**

Week 4: **Video Submission: Kettlebell Deadlift-9/8/2023**

Week 5: **Canvas Module #3 – Kettlebell Swing**

**Quiz Due – 9/15/2023**

Week 6: **Video Submission: Kettlebell Swing- 9/22/2023**

Week 7: **Canvas Module #4 – Hand To Hand Swing**

**Quiz Due –** **9/29/2023**

Week 8: **Video Submission: Hand to Hand Swing- 10/6/2023**

Week 9: **Canvas Module #5– Goblet Squat**

**Quiz-** **10/13/2023**

Week 10: **Video Submission: Goblet Squat -10/20/2023**

Week 11: **Canvas Module #6-Kettlebell Clean**

**Quiz-** **10/27/2023**

Week 12: **Video Submission: Kettlebell Clean – 11/3/2023**

Week 13: **Canvas Module #7- One Arm Press**

**Quiz –** **11/10/2023**

Week 14: **Video Submission: Kettlebell One Arm Press**- **11/17/2023**

Week 15: **Canvas Module #8- Get up**

**Quiz-** **11/21/2023**

Week 16: **Video Submission: Get Up- 11/28/2023**

 **Final Exam/Course Survey (NOT AU-EVALUATE)- 12/1/2023**

***SONA Extra Credit Submission Due- 12/1/2023***

# Course Requirements / Evaluation:

Item Percentage

Video Submission 50%

Content Quizzes 40%

Syllabus Quiz 5%

Final Exam/Course Survey (NOT AU-Evaluate) 5%

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Total 100%

Syllabus Quiz – Accessible week 1 on canvas.

Canvas Modules – *see schedule of Course Content for due dates.*

A. Content Quizzes**-** Electronic documents and video tutorials will be posted weekly based on the corresponding course content listed on the schedule.  Students are required to read and watch the given content and complete the respective quiz.  There will be a total of eight content quizzes worth 5 points each.

B. Video Submissions- For each week on the schedule that lists “Video”, students will be required to send a video to the instructor via Canvas. The video will consist of performing the corresponding exercise.  There will be a total of seven video submissions worth 10 points each.

Final Exam – Complete Course Survey on Canvas (NOT AU-Evaluate)

The final exam will consist of a course survey on Canvas.

## Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

\*\*\*College of Education SONA EXTRA CREDIT OPPORTUNITY\*\*\*

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations, or visit https://auburn.sona-systems.com. If you do not receive this email by the third week of classes, please email sona@auburn.edu If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations; however, **it is your responsibility to upload your SONA credit hours in the extra credit assignment listed on canvas.**

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

# Course Policy Statements:

## A. Attendance:

There is no in-person attendance for this class since it is online. However, students are expected to upload content quizzes and videos as shown in the schedule above for work.

## 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) at the following link 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 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.

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

# 9. Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) found in the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) 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.

# 10. 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.***