

**Walking Cardiorespiratory Fitness (PHED 1200-001)**

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| **Instructor:** | **Jasmine Johnson** |
| **Meeting Times:** | **MWF 10 – 10:50** |
| **Meeting Place:** | **1129 Memorial Coliseum** |
| **Office:** | **2050 Beard Eaves Memorial Coliseum** |
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| **E-mail Address:** | **jlj0027@auburn.edu** |
| **Office Hours:** | **By appointment (contact via e-mail)** |
| **Credit Hours:** | **2 semester hours** |
| **Pre-requisites:** | **None** |
| **Co-requisites:** | **None** |
| **Date Syllabus Prepared:** | **Spring 2012** |
| **Date Syllabus Reviewed and Updated:** | **Spring 2012** |

**PAWP Coordinator**: Jared Russell, PhD, russej3@auburn.edu

**COURSE DESCRIPTION:**

This course is designed to develop an understanding of the basic concepts of exercise terminology, the health benefits associated with exercise, stretching techniques to prepare for exercise, and to introduce walking as lifelong physical activity program..

**Attendance:** Attendance is required and roll will be taken every class period. Please contact me via email as soon as possible if you are going to be absent.

**Participation:** In addition to attending, students are expected to actively participate in all activities throughout the class period. Appropriate dress is required for participation and includes tennis shoes, athletic clothing.

**Electronic devices: No electronic devices will be allowed for usage during class. Students will not be allowed to listen to music during class.**



**ATTENDANCE POLICY:**

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**Physical Activity and Wellness Program (PAWP) 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. At the discretion of the instructor, students arriving tardy to class will lose up to 3% of their final grade per offense. Students arriving **more than 5 minutes tardy to class will lose 1%** of the final grade per offense. Students arriving **more than 10 minutes tardy to class will lose 2%** of the final grade per offense. Students arriving **more than 20 minutes tardy to class will lose 3%** of the final grade per offense. **Unexcused absences** cannot be made up and will result in **5% deduction** from the student’s final grade per absence. Once a student has **accrued five (5) 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 or a combination of the two types)** will not be permitted to take the final examination and will **receive a grade of FA**.If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

a. Students must provide the instructor with a valid excuse within upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and

b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.



**STATEMENT of STUDENT ACCOMMODATION:**

Students who need accommodations are asked 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).

**GRADING SCALE:**

The grading scale for this course is as follows:

**A = 100 - 90**

**B = 89 - 80**

**C = 79 - 70**

**D = 69 - 60**

**F = 59 and lower**

**ASSIGNMENTS/GRADE DISTRIBUTION:**

Attendance – 85 %

Physical Activity – pedometer measures – 10 %

Online assignment – 5 %

Total percentage points – 100

***A final grade for this course will be provided only upon completion of all required course assignments (i.e., the Tracking Portal, etc.).***

**LATE/REMEDIAL WORK:**

No late assignments or quizzes will be accepted outside of extreme circumstances noted by the professor. Please carefully adhere to established assignment deadlines. In such a case the professor will have the discretion of lowering the assignment **Five (5)** points for each day that it is late.

**Physical Activity Measures- pedometer**

**Students with less than 4 days of pedometer data will receive a grade of zero (0) for the measurement cycle.**

**Measurement Cycles:**

* Jan. 11-18
* Feb. 1 -8
* Feb. 29-Mar. 7
* Apr. 11-18

**Online Assignments:**

**All online assignments are due by 10 pm on the following dates:**

* Jan. 11
* Feb. 1
* Feb. 29
* Apr. 11

**HONESTY CODE:**

The University Academic Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.



**The above content, schedule and procedures in this course are subject to minor amendments at the discretion of the instructor.**