

PHED SYLLABUS

1. Course Number: PHED 1220-001

Course Title: Cardiorespiratory circuit training

Credit Hours: 2 credit hours – LECTURE/LAB

2. Term: Spring 2012

Day/Time: MWF 10:00am – 10:50am

Instructor: Yi Sun

Office Address: 2129 Memorial Coliseum

Contact Information: yzs0007@tigermail.auburn.edu

Secondary Contact (Dr. Jared Russell, 334-844-1429; russej3@auburn.edu)

Office Hours: MWF 3:00-4:00pm

3. Texts or Major Resources:

A. This PHED course will utilize an on-line e-textbook (*McGraw-Hill Tracking Portal*). You must purchase a code from the bookstore or on-line, if you prefer. The *Tracking Portal* e-textbook contains all the course content, assessments and behavior change activities for the PHED course that you are teaching. Below are instructor and student instructions.

Once you purchase the code, follow the directions provided below and register for your class by Jan 15.

Instructions for logging into the Tracking Portal

1. Log onto http://mhlearningsolutions.com/Auburn_health/login.php

2. Click on student registration

3. Complete registration information.

a. The card code will be on the card you purchased from the bookstore.

4. Click on _the course with the proper section number__.

5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: _Circuit Training_. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.

6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.

7. At the top of the page you will see section list, grades, add new course, profile and logout.

Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.

8. Please log onto and register by _____Jan 15, 2012_____.

4. Course Description:

Students will learn and participate in a variety of circuit training techniques

5. Student Learning Outcomes:

To improve aerobic capacity, muscle strength and muscle endurance.

To develop an appreciation of various circuit training methods and procedures as a way to maintain fitness and a healthy lifestyle.

6. Course Content Outline:

A. Course Content and Schedule:

- 1/9: Introduction and Syllabus review
- 1/11-13: Activity, portal registration
- 1/16-20: Activity, syllabus quiz, Portal module 1 (Exercise Vocabulary)
- 1/23-27: Activity, Portal module 2 (Health Benefits)

- 1/30 -2/3: Activity, Portal module 3 (The FITT Principle)
- 2/6-2/10: Activity, Portal module 4 (Behavior Change)
- 2/13-17: Activity, Portal module 5 (Preparing & Recovering from Exercise)
- 2/20-24: Activity, Portal module 30 (Conceptual Core: Circuit Training)
- 2/27-3/2: Activity
- 3/5-9: Activity
- 3/12-16: Spring Break!
- 3/19-23: Activity
- 3/26-3/30: Activity
- 4/2-6: Activity
- 4/9-13: Activity
- 4/16-20: Activity
- 4/23-4/25: Activity, Skill Assessment
- 4/30-5/4: Class Project

B. Participation: In addition to attending, students are expected to actively participate in all activities throughout the class period. If you exhibit inappropriate behavior you will be asked to leave the class and will be counted as absent day. Repeated incidents may result in expulsion from the class. Additionally, appropriate dress is required in order to get credit for participation. Appropriate dress includes athletic shoes, athletic shorts or pants, and t-shirt.

Electronic devices: Please turn off your cell phone before class. If you are expecting an important call, please let me know before class. If you are working on an electronic device during class, you will be counted as absent.

E-mail: Tiger Mail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for this information, so please check your account at least daily.

C. Syllabus quiz: Syllabus quiz is given on Blackboard during week 2, with deadline of Jan 22.

Skill assessment: Skill assessment will be given towards the end of semester to assess the class's knowledge and improvement in fitness and skill level. Time will be announced at least three week days prior to its distribution.

D. Missed Exams/Activities: If you miss any of the graded assignments/quiz/assessments/project you will be given a 0. Students with extreme extenuating circumstances may be allowed to make up a missed exam or activity within one week of their return to class. This will be dealt with on a case by case basis. Please contact me via email as soon as reasonably possible if you are going to be out.

7. Assignments/Projects:

A. Portal: Students are required to log onto and register by Jan 15, 2012. The deadlines of module assessments are as follows:

Module 1 (exercise vocabulary): Jan 22

Module 2 (Health Benefits): Jan 29

Module 3 (The FITT Principle): Feb 5

Module 4 (Behavior Change): Feb 12

Module 5 (Preparing & Recovering from Exercise): Feb 19

Module (Conceptual Core: Circuit training): Feb 26

"My Activity Profile" is recommended to be recorded throughout the semester.

Class Project: The student will be required to complete a project for a grade during the week of final exams. Additional information will be given as the project deadline nears.

B. Components of course grade:

Attendance: Students are required to attend class on time. For more details about attendance policy, please refer to section 9: Class Policy Statements.

Participation: Students are expected to actively participate in all activities throughout the class period. Grade is given according to students' participation and performance in class, at the discretion of the instructor. 10 points maximum.

Syllabus quiz: 5 points.

Portal: Each module of portal is worth 5 points, with 30 points in total.

Skill assessment: 10 points maximum.

Class project: 10 points maximum.

8. Rubric and Grading Scale:

Grade is calculated according to the following formula: $35 - 3*[\text{absence}] - 1*[\text{tardiness}] + [\text{participation}] + [\text{syllabus quiz}] + [\text{skill assessment}] + [\text{class project}]$

A: 90-100

B: 80-89.99

C: 70-79.99

D: 60-69.99

F: <60

FA: with five or more unexcused absences, regardless of total grade

9. Class Policy Statements:

Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.

A. 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.” Failure to appropriately participate in the course content and activities can result in a deduction of points from a student’s overall course grade at the discretion of the instructor. Moreover, at the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in a 3% 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 and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.** Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse 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.

AU BULLETIN EXCUSED ABSENCE POLICY

"Arrangement to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Tiger Cub) shall be initiated by the student within one week from the end of the period of the excused absence. Normally, a make-up exam shall occur within two weeks from the time that the student initiates arrangements for it... Instructors are expected to excuse absences for:

- a. Illness of the student or serious illness of a member of the student's immediate family. **The instructor may request appropriate verification.**
- b. The death of a member of the student's immediate family. **The instructor may request appropriate verification.**
- c. Trips for members of the student organizations sponsored by an academic unit, trips for University classes, and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. **Instructors may request formal notification from appropriate University personnel to document the student's participation in such trips.**
- d. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.
- e. Subpoena for court appearance. **The instructor may request appropriate verification.**

B. 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.

C. 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).

D. 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 to your syllabus and/or course assignments will replace the original materials.