

**AUBURN UNIVERSITY  
SYLLABUS**

**Course Number:**

PHED 1003 002

**Course Title:**

Active Auburn

**Credit Hours:**

2 semester hours

**Prerequisites:**

**Co-requisites:**

None

**Term:**

Spring 2013

**Day/Time:**

Online

**Instructor:**

Matthew Rogatzki

**Office Address:**

COLSM 2129

**Contact Information:**

mjr0014@auburn.edu

**Office Hours:**

M 1-2pm; R 8-9am or by appointment.

**Texts or Major Resources:**

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 this course.

Once you purchase the code, follow the directions provided below and register for the class by Friday Jan. 18, 2013.

## Instructions for logging into the Tracking Portal

1. Log onto [http://mhlearningsolutions.com/Auburn\\_health/login.php](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 Section Description: [PHED 1003 002 Active Auburn Spring 2013](#)
5. Class Name: [PHED 1003 - Active Auburn](#)
6. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, and my activity profile. Each module has an assessment at the end with the exception of my activity profile. "My Activity Profile" will not count for any points this semester.
7. The "My Activity Profile" tab allows you to set goals, log your exercise program and track your progress.
8. 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.
9. Please log onto and register by **Friday Jan. 18, 2013**.

### Course Description:

Basic concepts associated with physical activity and the opportunities on campus to engage in health-promoting and wellness activities.

### Student Learning Outcomes:

Students will gain knowledge of the fitness options offered on campus and will be encouraged to begin a regular exercise routine.

**Course Content Outline:** This outline is tentative and may be altered by the instructor when appropriate

### Week 1: Jan 9-11

*Purchase Tracking Portal code and complete registration*

*Visit the campus recreation and intramural facility (or a fitness facility if you do not live in the Auburn area) and purchase a group instruction pass.*

### Week 2: Jan. 14-18

*Exercise Vocabulary Portal Quiz due on January 18*

*Acquire the AU Campus Recreation and*

*Intramural (or fitness facility if you do not live in the Auburn area) schedule for the current term, and identify at least 3 group fitness classes/sessions per week you plan to attend.*

### Week 3: Jan. 21-25

*Health Benefits Portal Quiz due January 23*

*The FITT Principle Portal Quiz due January 25*

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 4: Jan. 28-Feb.1**

*Behavior Change Portal Quiz due January 28*

*Preparing and Recovering from Exercise Portal Quiz due February 1*

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 5: Feb. 4-8**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 6: Feb. 11-15**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 7: Feb. 18-22**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 8: Feb. 25-Mar. 1**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 9: Mar. 4-8**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 10: Mar. 11-15**

*Spring Break!*

**Week 11: Mar. 18-22**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 12: Mar. 25-29**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 13: April 1-5**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 14: April 8- 12**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 15: April 15-19**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Week 16: April 22-26**

*Attend 3 sessions per week. (Ensure that you provide the fitness instructor your course participation card.)*

**Final Exam**

*Final Evaluation of Experiences (Evaluate your fitness experience during this semester in two pages or less. Email me your evaluation before May 1<sup>st</sup>)*

AU eValuate Spring Semester evaluation dates:

Open: April 20, 2013 (8:00 am)

Close: April 28, 2013 (11:59pm)

**ALL ASSIGNMENTS ARE DUE BY THE SPECIFIED DUE DATE!!!**

<b><u>ASSIGNMENTS</u></b>	<b><u>Points</u></b>	<b><u>Due Date</u></b>
<b>Syllabus Quiz</b>	<b>5</b>	<b>Jan. 18</b>
<b>Exercise Vocabulary</b>	<b>10</b>	<b>Jan. 18</b>
<b>Health Benefits</b>	<b>8</b>	<b>Jan. 23</b>
<b>The FITT Principle</b>	<b>10</b>	<b>Jan. 25</b>
<b>Behavior Change</b>	<b>12</b>	<b>Jan. 28</b>
<b>Preparing and Recovering from Exercise</b>	<b>7</b>	<b>Feb. 1</b>
<b>39 Group Fitness Instruction Sessions Participation</b>	<b>78</b>	
<b>Final Exam</b>	<b>10</b>	
<b><u>Total Points</u></b>	<b><u>140</u></b>	

**Rubric and Grading Scale:**

Syllabus quiz = 5pts. 3% of final grade

Exercise Vocabulary = 10pts. 7% of final grade

Health Benefits = 8pts. 5% of final grade

The FITT Principle = 10pts. 7% of final grade

Behavior Change = 12pts. 9% of final grade

Preparing and Recovering from Exercise = 7pts. 5% of final grade

Group Fitness Instruction Sessions Participation = 78pts. 57% of final grade

Final Exam = 10pts. 7% of final grade

A = 90-100%  
B = 80-89.9%  
C = 70-79.9%  
D = 60-69.9%  
F < 60%

***"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)."***