

**AUBURN UNIVERSITY  
SYLLABUS**

**Course Number:**

PHED 1240 002

**Course Title:**

Cardio Respiratory: Swim for Fitness

**Credit Hours:**

2 semester hours

**Prerequisites:**

**Co-requisites:**

None

**Term:**

Spring 2013

**Day/Time:**

MWF 11-11:50am

**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 1240 002 Swim for Fitness Spring 2013](#)
5. Class Name: [SWIMMING FOR FITNESS](#)
6. 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: **Swimming for Fitness**. 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 and physical activities associated with the development and maintenance of cardio-respiratory functioning in swim for fitness.

### Student Learning Outcomes:

After taking this course you will have a working knowledge of training modalities that can be used to maintain fitness in swimming.

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

#### **Week 1: Jan 9, 11**

Free Swim

#### **Week 2: Jan. 14, 16, 18**

Physical Fitness Assessment/Fundamentals/Swim (Syllabus Quiz and Exercise Vocab.)

#### **Week 3: Jan. 21, 23, 25**

MLK Day/Fundamentals (Health Benefits)/Swim (The FITT Principle)

#### **Week 4: Jan. 28, 30, Feb. 1**

Fundamentals (Behavior Change)/Fundamentals/Swim (Preparing and Recovering from Exercise)

#### **Week 5: Feb. 4, 6, 8**

Fundamentals (Conceptual Core: Swimming for Fitness)/Fundamentals/Swim

#### **Week 6: Feb. 11, 13, 15**

Fundamentals/Fundamentals/Swim

#### **Week 7: Feb. 18, 20, 22**

Fundamentals/Fundamentals/Swim

**Week 8: Feb. 25, 27, Mar. 1**

Fundamentals/Fundamentals/Swim

**Week 9: Mar. 4, 6, 8**

Fundamentals/Fundamentals/Swim

**Week 10: Mar. 11, 13, 15**

Spring Break!

**Week 11: Mar. 18, 20, 22**

Fundamentals/Fundamentals/Swim

**Week 12: Mar. 25, 27, 29**

Fundamentals/Fundamentals/Swim

**Week 13: April 1, 3, 5**

Fundamentals/Fundamentals/Swim

**Week 14: April 8, 10, 12**

Fundamentals/Fundamentals/Swim

**Week 15: April 15, 17, 19**

Fundamentals/Fundamentals/Swim

**Week 16: April 22, 24, 26**

Fundamentals/Fundamentals/Swim (last day of class)

**Final Exam Wednesday May 1<sup>st</sup> 12(noon)-2:30pm**

Physical Fitness Reassessment

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>
Syllabus Quiz	5	Jan. 18
Exercise Vocabulary	10	Jan. 18
Health Benefits	8	Jan. 23
The FITT Principle	10	Jan. 25
Behavior Change	12	Jan. 28
Preparing and Recovering from Exercise	7	Feb. 1
Conceptual Core: Swimming for Fitness	15	Feb. 4
Attendance	44	
Participation	44	
Final Exam	15	
<b><u>Total Points</u></b>	<b><u>170</u></b>	

**Participation and attendance is essential for success in this course and consists of the majority of the points available. Attendance and participation go hand in hand since you must be present in order to participate. Only unexcused absences will count against your grade for both attendance and participation. Excused absences will not count against your attendance or participation. Participation points will be given based on you coming to class in appropriate and modest work-out clothing ready to exercise to the best of your ability. There are 44 class days for this course and there will be one point available for attendance and one point available for participation each class period. There will be NO make-up opportunities for this course; however, there may be opportunity for extra credit. Please see the AU official class policy statements.**

## **Rubric and Grading Scale:**

Syllabus quiz = 5pts. 2% of final grade  
Exercise Vocabulary = 10pts. 6% of final grade  
Health Benefits = 8pts. 5% of final grade  
The FITT Principle = 10pts. 6% of final grade  
Behavior Change = 12pts. 7% of final grade  
Preparing and Recovering from Exercise = 7pts. 4% of final grade  
Conceptual Core: Swimming for Fitness = 15pts. 9% of final grade  
Attendance = 44pts. 26% of final grade  
Participation = 44pts. 26% of final grade  
Final Exam = 15pts. 9% of final grade

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

***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 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 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 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 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 University Student Policy eHandbook. The URL is [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies).*

*"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)."*