

**AUBURN UNIVERSITY
DEPARTMENT OF KINESIOLOGY
PHED 1003-SECTION 003 Spring 2014
ACTIVE AUBURN**

Day: TBD by students

Time: TBD by students

Room: Auburn Recreation and Wellness Center

Instructor: J. Megan Irwin, M.S.

Contact Information: JMI0002@auburn.edu

Office Hours: available by appointment; Kinesiology Building, Room 035

Credit Hours: 2 semester hours

Prerequisites: None

Co-requisites: None

Physical Activity Wellness Program Coordinator:

Dr. Jared Russell

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(334) 844-1429

Campus Recreation and Wellness Group Fitness Assistant Director:

Pam Wiggins

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(334) 844-0121

Course Description:

This course is designed to introduce students to basic concepts and physical activities associated with the development and maintenance physical fitness. Students are given the opportunity to participate in a wide variety of group fitness courses offered by the University, and are free to explore different methods of exercising.

Student Learning Outcomes:

Upon completion (and engaged participation) of the course, students should be able to:

- I. Exhibit knowledge of proper exercise habits (warm-up, cool-down, hydration, etc.)
- II. Define and utilize proper exercise terminology
- III. Identify physical fitness opportunities available to them through Auburn University Campus Recreation and Wellness

Textbooks/Major Resources:

Canvas:

Canvas™ is an online learning management system devised to aid students and teachers in education. It will be used in this course to access assignments, quizzes, exams, grades, and the syllabus. Please become familiar with Canvas as it will be of great importance to your success in this course. <https://auburn.instructure.com>

Contact the Instructional Multimedia Group or Office of Informational Technology for assistance: <http://www.auburn.edu/img>

Portal:

This course will also utilize an on-line e-textbook: **The McGraw-Hill Tracking Portal**. You must purchase a code from the AU Bookstore or on-line, if you prefer. Once you purchase the code, follow the directions provided below and register for class by **January 17, 2013**.

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 **PHED 1003-003 Active Auburn**
5. On the left tool bar are 6 modules: Exercise Vocabulary, Health Benefits, The FITT principle, Behavior Change, Preparing & Recovering from Exercise, and My Activity Profile. Each module (except My Activity Profile) has an assessment at the end that will count towards your grade this semester. The first 5 modules must be completed by **February 21, 2014**. (The modules will be locked after this date and students will not be able to complete them for course credit.)
6. The "My Activity Profile" tab allows you to set goals, log your exercise program and track your progress. Completion of this module will not count towards your grade for this semester, but you are encouraged to use it to monitor your improvements and reach your fitness goals.
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 on and register by **January 17, 2014**.

*Please note that failure to complete Portal assignments by the above specified closing date will result in no points for the assignment.

Group Fitness Class Participation:

Each student registered for Active Auburn is given an opportunity to choose from the wide variety of group fitness options provided by Auburn University Campus Recreation and Wellness. It is the student's responsibility to attend at least **THREE** Group Fitness classes per week to receive full credit for the course. There are specific instructions to follow in order to receive credit so it is important to follow them closely.

To purchase for an Active Auburn Group Fitness pass (required):

1. Visit <https://recreation.auburn.edu>
2. Click "Sign in" under the Your Online Account heading.
3. Enter your AUAccess username and password in the designated spaces (this is the same login info that you would use to access your tigeri and Tigermail accounts). Click the "Sign in" button.
4. On the Welcome page, click the "MEMBERSHIPS" tab near the top of the page.
5. Select the "**Active Auburn Group Fit Pass**" semester pass for \$25. It is very important that you select this option and NOT the regular Group Fitness Pass. Again, select the

"Active Auburn Group Fit Pass" (if you do not, you will not get credit in this course for the Group Fitness classes you attend).

6. On the Membership Summary page, select the "2014 Spring" option in the Duration row so that "Dec-15-2013" is displayed in the Start Date row and "May-04-2014" is displayed in the End Date row. **DO NOT JUST ACCEPT THE DEFAULT OPTIONS ON THIS PAGE!** Click the "Add to cart" button.
7. Proceed to the Checkout page and enter your payment information to finalize the transaction.

To reserve a space in a Group Fitness class (required):

1. Download a copy of the Spring 2014 Group Fitness Class Schedule, available in the "Files" folder at this Active Auburn course's Canvas site, or at <https://cws.auburn.edu/CampusRec/cm/GroupFitness/Schedule>. Choose which courses you would like to attend each week based on your personal schedule and interests.
2. Visit <https://recreation.auburn.edu>
3. Click "Sign in" under the Your Online Account heading.
4. Enter your AUAcess username and password in the designated spaces (this is the same login info that you would use to access your tigeri and auburn.edu email accounts). Click the "Sign in" button.
5. On the Welcome page, click the "COURSES" tab near the top of the page.
6. On the Courses page, click "Active Auburn" under the Course Categories heading to filter all irrelevant Group Fitness classes. This should result in only courses beginning with "AA" being available. Click on the [+] button or the Course name to view a description and check times and spaces available in that class. You will be able to register for a Group Fitness class up to 25 hours in advance of that class being held. **If you register for a class beginning with "GF" you will NOT get credit in this Active Auburn course for attending.** Click "Add to Cart" to reserve your space in that Group Fitness class at a time you can attend.

If you have questions, please read the Group Fitness FAQ page in the "Files" folder at this Active Auburn course's Canvas site. If you still need assistance Contact Pam Wiggins, Group Fitness Assistant Director, at pkw0002@auburn.edu.

Reporting Your Attendance Each Week (required):

Do this ONLY after you have attended all three Group Fitness classes for the week.

1. Log on to Canvas.
2. Check the "Assignments" page.
3. Open the "Attendance for Week..." Assignment for the week.
4. Follow the directions and answer the prompt.

Assignments will be due every Sunday at 11:59 pm. I will check the Campus Recreation attendance registration logs to verify your attendance in the courses you report attending.

Course Content Outline:

Week	Dates	Activities/Notes*
Introduction	1/8 – 1/12	"Grace Period"; Group Fitness attendance not taken yet (Please use this time to get familiar with the Canvas, Fusion, and Portal sites as well as purchase an Active Auburn Group Fit Pass.)
Week 1	1/13 – 1/19	Group Fitness attendance taken—students must begin registering for and attending at least THREE Group Fitness classes per week Syllabus Quiz due 1/10 at 11:59 pm Register on the Portal website by 1/10
Week 2	1/20 – 1/26	1/20: NO GROUP FITNESS CLASSES OFFERED (MLK Day) Attend at least TWO Group Fitness classes
Week 3	1/27 – 2/2	Attend at least THREE Group Fitness classes
Week 4	2/3 – 2/9	Attend at least THREE Group Fitness classes
Week 5	2/10 – 2/16	Attend at least THREE Group Fitness classes
Week 6	2/17 – 2/23	All Portal assignments due 2/21 at 11:59 pm Attend at least THREE Group Fitness classes
Week 7	2/24 – 3/2	Attend at least THREE Group Fitness classes
Week 8	3/3 – 3/9	Attend at least THREE Group Fitness classes
Week 9	3/10 – 3/16	NO SCHOOL – SPRING BREAK
Week 10	3/17 – 3/23	Attend at least THREE Group Fitness classes
Week 11	3/24 – 3/30	Attend at least THREE Group Fitness classes
Week 12	3/31 – 4/6	Attend at least THREE Group Fitness classes
Week 13	4/7 – 4/13	Attend at least THREE Group Fitness classes
Week 14	4/14 – 4/20	Attend at least THREE Group Fitness classes
Week 15	4/21 – 4/27	Attend at least THREE Group Fitness classes
Final Exams	4/28 – 5/2	Final Exams (Course Evaluations)

* Activities are subject to change at the discretion of the instructor

Online Assignments:

There will be five (5) modules required from the e-Textbook (Portal). They are:

- 1 – Exercise Vocabulary (**10** points; to be completed by **February 21, 2014**)
- 2 – Health Benefits (**10** points; to be completed by **February 21, 2014**)
- 3 – The FITT principle (**10** points; to be completed by **February 21, 2014**)
- 4 – Behavior Change (**10** points; to be completed by **February 21, 2014**)
- 5 – Preparing & Recovering from Exercise (**10** points; to be completed by **February 21, 2014**)

Participation:

Approximately three (3) points per Group Fitness class attended (9 points per week; 126 points total). Students must complete the appropriate Survey found on the Quizzes page of the Canvas website to receive credit for their attendance.

Final Exam:

The final exam will consist of the course evaluation and a short questionnaire regarding your experiences with Group Fitness classes. (20 points)

Rubric and Grading Scale:

Syllabus Quiz	4 points	A = 90-100
Portal Assignments	50 points	B = 80-89
Participation	126 points	C = 70-79
Final Exam (Course Evaluation)	20 points	D = 60-69
Total	200 points	F = below 60

Student 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).

Medical Considerations:

If you have a condition that may affect your participation in this class (e.g. diabetes, epilepsy, heart murmurs, knee or back injuries, etc.) please notify the instructor promptly in private. Students will be required to complete a Health Status Form and a Health Referral Form if you have any known health problems.

Class Policy Statements:

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. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required.

Make-Up Policy: Arrangement to make up a missed major assignment due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy: All portions of the Auburn University student Academic Honesty Code (Title 1.1) found in the Student Policy eHandbook 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.

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.

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