

**Auburn University**  
**Department of Kinesiology**  
**PHED 1003-004 Active Auburn**  
**Spring 2014**

**Instructor:** Brittany White

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**Office Location:** 122 Kinesiology Building

**Office Hours:** By appointment (send an e-mail to set up a time)

**Physical Activity Wellness Program Coordinator:** Dr. Jared Russell; russej3@auburn.edu

**Course Objective**

Students will be exposed to different types of fitness activity options offered on campus while increasing their fitness level.

**Student learning outcomes**

Upon completion of the course objectives, the student will be able to:

- A. Define exercise terms.
- B. Identify public health benefits of engaging in regular physical activity.
- C. Exhibit understanding the FITT principles.
- D. Exhibit knowledge of behavioral strategies to change behavior and health.
- E. Exhibit knowledge of techniques to enhance motivation (i.e., goal setting).
- F. Exhibit knowledge of preparing and recovering from exercise.
- G. Identify physical activity and wellness opportunities on Auburn's campus.
- H. Report future interests and goals for physical activity engagement.

**Course Description**

Throughout this course, students will learn basic concepts associated with the development and maintenance of physical activity, as well being exposed to the different fitness opportunities offered on the Auburn University campus while engaging in health-promoting and wellness activities.

**Required Text:**

**Course Content Outline**

Tracking portal for Active Auburn course (available at Auburn Bookstore)

For distance education students the following technologies will support the distance learning delivery. **Online portals are due on February 28, 2014 (11:59 pm)** No extension will be given!

**Distance Learning Statement:**

This class will be taught exclusively through an electronic/ distance learning format, utilizing the online portal. This design was chosen because it allows for timely and appropriate interactions between instructors and students while increasing the flexibility of a student's schedule. Outlook 360 is the official means of communication for Auburn University. The instructor will communicate with the class through Outlook 360. You are responsible for checking your email frequently for class announcements.

## **Tentative Schedule**

**Purchase Active Auburn Group Fitness Pass [\$25]: (Week 1)**

**Purchase Online Portal [\$45.75]: (1/22/2014)**

Exercise Vocabulary

Readings: Complete Module 1 (Exercise Terms) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 1. Begin My Activity Planner.

Health benefits of engaging in regular physical activity

Readings: Complete Module 2 (Health Benefits) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 2;

FITT principles –

Readings: Complete Module 3 (FITT Principles) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 3;

Behavioral change strategies –

Readings: Complete Module 4 (Behavioral Change) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 4.

Preparing and recovering from exercise – Complete Module 5 (Preparing and recovering from exercise) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 5.

**February 28th (11:59pm) is the due date for all 5 modules (quizzes) in the online portal.**

- **\* Students MUST participate in 3-exercise classes/week in order to pass this class beginning 1/13/14 until 4/25/14 [Excluding University Holidays].**

**Missed classes: Students MUST attend 3 classes a week unless there is a pending circumstance that would require you to miss classes that week (must be discussed with instructor, provide valid excuse & is left up to the discretion of the instructor as to whether the student can make up missed classes later). This is**

**to prevent students from being swamped with classes to make up at the end of the semester.**

### **Online Portal Instructions:**

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 **PHED 1003-004** Active Auburn-(Make sure it is for SPRING 2014)
5. On the left tool bar are 5 modules: Exercise Vocabulary, Health Benefits, The FITT principle, Behavior change, and Preparing and recovering from exercise. Each module has an assessment at the end that will count towards your grade this semester.
6. 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.
7. Please log on and register by **1/22/14**.

1. Five Assessments (50 points- 10 pts a piece) will be conducted online using the class-tracking portal. Each quiz is timed based on the number of questions (2 minutes per question.) Students cannot work together. To prevent this, quiz questions are randomly selected from a database. All quiz questions are generated from the on-line text. **The online portal is due on February 28, 2014 (11:59 pm) - No extension will be given!**

2. Exercise Participation (42 points) - Students will be required to attend 3 group fitness classes each week. **You must purchase an Active Auburn Group Fitness Pass and reserve a space to attend Active Auburn fitness classes.** A weekly report will be sent to me detailing how many classes you attended. If you purchase a general fitness pass you will not be recorded as an Active Auburn student when signing into the fitness classes.

- By Friday at 11:59 pm of each week, you must submit the time, date, and name of the classes you completed that week. Submit it through the Assignment section of Canvas. Select the correct week when submitting.

3. Log onto the Portal by January 22, 2014 (4 points)

#### Graded Assignments

- 5 Assessments = (50 points)
- Exercise Participation (3 points each week) (14 weeks x 3/week = **42 sessions**) (Student must complete All 42 sessions to receive credit for this course.) = 42 points
- Log onto Portal by January 22<sup>nd</sup> (4 points)

➤ Total possible points = 100

#### Grading Scale

A = 100 – 90%

B = 89 – 80%  
C = 79 – 70%  
D = 69 – 60%  
F = Below 60%

**Student Accommodations:**

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in 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.

Disability Accommodations: Students who need special accommodations in class are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of class, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by email. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1288 Haley Center, 884-2096 (V/TT).

**Spring Semester AU eValuate**

Please complete the course evaluation during the following dates:

Evaluation Opens: April 20, 2014

Evaluation Closes: April 27, 2014

[http://www.auburn.edu/academic/provost/undergrad\\_studies/evaluate.html](http://www.auburn.edu/academic/provost/undergrad_studies/evaluate.html)