

PHED 1023 Freshman Fit Syllabus Spring 2014

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Bulletin Description: Basic concepts associated with exercise participation, nutrition, stress reduction and proper sleep. Introduction to campus opportunities for health promoting behaviors.

Credit Hours: 2

Instructor(s):

Brooks Mobley, Graduate Teaching Assistant
moblecb@auburn.edu

Recreation and Wellness Center /Group Fitness:

Pam Wiggins, Campus Recreation
pkw0002@auburn.edu
334-844-0121

Christy Coleman, Campus Recreation
cmc0036@auburn.edu
334-844-0119

Schedule for Course:

Class Time: 1:00pm-1:50pm

Section 001: Monday

Section 002: Tuesday

Section 003: Wednesday

***First Class Meeting: School of Kinesiology, Room #149 (1/13-1/17)**

Classroom: NEW Recreation and Wellness Center Tiger Room (*Remaining of the semester)

Course Prerequisites: Freshman; first year on AU campus

Required Text/Materials:

- Group Fit Pass for Campus Recreation Activities (cost \$25 with Freshman Fit discount)

Course Objectives:

- Students will be introduced to multiple aspects of physical activity and exercise via Campus Recreation's Rec and Wellness Center orientation.
- Students will gain knowledge of resources available to them regarding fitness, nutrition, and stress management while enrolled at Auburn University.
- Students will gain knowledge of basic skills for physical fitness such as the squat, lunge and push up
- Students will gain knowledge of self-monitoring techniques and behavior change principles.
- Students will gain knowledge of healthful meal components, mindful eating, goal setting skills, sleep hygiene skills, and stress management skills.

Required Attire: Students are expected to be dressed appropriately and modestly for exercise, which includes proper pants/shorts, shirts, and footwear. At varying times and activities, different attire may be required. Check with your class section fitness instructor(s) for this information on a weekly basis.

Description of Teaching Methods and Learning Experiences

A. Reading Assignments

- a. All readings are completed in Canvas.
 - i. See the tentative class schedule.
 - ii. All quizzes are due by Sunday 11:59pm before new material opens for the next week's topic.

B. Approaches Used for Learning Assessment:

- a. Instructor observation and feedback during activities
- b. Completion of online readings and listening to presentations in Canvas
- c. Completion of online quizzes

C. Methods of Student Evaluation/Grading

- a. Full participation during normal class sessions along with weekly participation in the required Group Fitness classes.

Grading Policy:	Canvas Readings and Quizzes	100 points
	Class Attendance	100 points
	Group Fitness Participation	100 points

Grading Scale:

A = 90 - 100% B = 80 - 89.95% C = 70 - 79.95% D = 60 - 69.95% F = below 59.95%

Class Attendance

Attendance is mandatory; students are expected to demonstrate commitment by attending all classes in their entirety. Students are expected to pay attention to instructors/activity leaders and not distract from other students' learning processes. Students are held responsible for all information in each class. Attendance will be taken at each class. If you enter class late, do not be disruptive but receive instruction privately when appropriate and begin participation as soon as safely able to do so. Cell phone, tablet, and laptop usage is prohibited in regards to text messaging, emailing, and browsing the internet during class time. If you have an emergency or are expecting a phone call, speak with the instructor before the start of class. Remove headphones and earpieces prior to entering class and do not use them during class unless needed for hearing aids; discuss this with the instructor prior to use.

Late Work and Absences

Missed work may be made up only with a University approved excuse. If a student is absent from class, it is up to the student to speak with the instructor about his/her absences. Students with an approved excuse who have not completed an assignment and not contacted the instructor within one week after the scheduled due date will receive a zero for the assignment.

Accommodations for Students with Disabilities

Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should follow university-approved procedures. If you need assistance, make an appointment with the Program for Students with Disabilities, 1244 Haley Center 844-2096. Accommodations for examinations should be discussed with the instructor at least one week prior to the scheduled examination.

Academic Honesty and Conduct

All portions of the Academic Honesty code on <https://fp.auburn.edu/studentaffairs/policies.aspx> apply.

Diversity

Auburn University is committed to providing a working and academic environment free from discrimination and harassment and to fostering a nurturing and vibrant community founded upon the fundamental dignity and worth of all its members.

Contingency Plan

If the normal schedule is disrupted, the syllabus and other course plans may be modified to allow for completion of the course. The instructor is aware that things may arise and affect the course of work as a class; in that case, your instructor will provide an addendum to your current syllabus with revised course assignments which will then replace this syllabus.

TENTATIVE SCHEDULE

Week in Semester	Topic	Textbook	Assignment Due Dates
Week 1 1/8 - 1/10	*No Class Meeting for all sections* Review Class Syllabus before first class meeting		
Week 2 1/13 – 1/17	Orientation to course and expectations *Meet in the School of Kinesiology, Room 149	Preparing & Recovering from Exercise	Quiz 1 in Canvas (due 1/19 by 11:59pm) Attend one RWC fitness class
Week 3 1/20 – 1/24	*No Class Meeting for all sections* 1/20-MLK Holiday		Attend two RWC fitness class
Week 4 1/27-1/31	Campus Recreation Facility Orientation/Skills Building “The Squat”	Health Benefits	Quiz 2 in Canvas (due 2/2 by 11:59pm) Attend two RWC fitness class
Week 5 2/3-2/7	Cardio Equipment/IndoorCycling/Skills Building “The Squat with Load and Power”	Fitt Principle	Quiz 3 in Canvas (due 2/9 by 11:59pm) Attend two RWC fitness class
Week 6 2/10-2/14	Strength Equipment/TRX/Skills Building “The Plank”	Behavior Change	Attend two RWC fitness class
Week 7 2/17-2/21	Strength Equipment/Kettlebell/ViPR/ Skills Building “The Lunge”	Behavior Change	Quiz 4 in Canvas (due 2/23 by 11:59pm) Attend two RWC fitness class
Week 8 2/24-2/28	Aquatics/ Skills Building “The Push-up”	Nutrition	Attend two RWC fitness class
Week 9 3/3-3/7	Climbing Walls/ Skills Building “Adding Power”	Nutrition	Quiz 5 in Canvas (due 3/9 by 11:59pm) Attend two RWC fitness class
Week 10 3/10-3/14	*SPRING BREAK – NO CLASSES		
Week 11 3/17-3/21	Yoga/Skills Building “Triceps Extension” Special Guest for Stress Reduction Techniques and Activities	Stress Reduction	Quiz 6 in Canvas (due 3/23 by 11:59pm) Attend two RWC fitness class
Week 12 3/24-3/28	Boot Camp/Circuit Training/Skills Building “Rotation”	Sleep	Quiz 7 in Canvas (due 3/30 by 11:59pm) Attend two RWC fitness classes
Week 13 3/31-4/4	Team Sport/Skills Building Review – Lower Body		Attend two RWC fitness class
Week 14 4/7-4/11	Team Challenge - Skills Review		Attend two RWC fitness class

Week in Semester	Topic	Textbook	Assignment Due Dates
Week 15 4/14-4/18	Game Day – Skills Review		Attend two RWC fitness classes
Week 16 4/21-4/25	Replay: Class Favorites *Last week of classes		Attend two RWC fitness classes
Week 17 4/28-5/2	FINAL EXAM *Section 001(Monday)& Section 003 (Wednesday) on Tuesday (4/29) from 12:00pm-2:30pm *Section 002 (Tuesday) on Wednesday (4/30) from 12:00pm-2:30pm		
*NOTE	Questions related to grades, quizzes, absences and Canvas material	Contact	Brooks Mobley moblecb@auburn.edu
*NOTE	Questions related to Group Fitness classes	Contact	Pam Wiggins pkw0002@auburn.edu 334-844-0121 Christy Coleman cmc0036@auburn.edu 334-844-0119