

AUBURN UNIVERSITY

PHED SYLLABUS

1. Course Number: PHED 1200- 004

Course Title: Cardiorespiratory Fitness: Walk

Credit Hours: 2 credit hours – LECTURE/LAB

2. Term: Spring 2014 1/13/2014 through 4/25/2014

Day/Time: Tues/Thurs 9:30-10:45 am

Instructor: Brittany White

Contact Information: bvw0003@auburn.edu

Secondary Contact: (Dr. Jared Russell, 334-844-1429; russej3@auburn.edu)

Office Location: 122 Kinesiology Building

Office Hours: By appointment (email in advance)

3. Texts or Major Resources: Portal

A. This PHED course may utilize an on-line e-textbook (McGraw-Hill Tracking Portal). You must purchase a code from the bookstore. The Tracking Portal e-textbook contains all the course content, assessments and behavior change activities for the PHED course that you are enrolled in. Below are instructor and student instructions.

Once you purchase the code, follow the directions provided below and register for your class by 1/22/2014.

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. BE SURE TO INPUT THE CORRECT COURSE NUMBER, SECTION AND TERM!
 - b. The card code will be on the card you purchased from the bookstore.
4. Click on **SPRING 2014 PHED 1200 004**.
5. On the left tool bar are 6 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, and conceptual core: Walking. Each module has an assessment at the end that will count towards your grade this semester.

6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress. This is an optional feature in Portal.
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 onto and register by **1/22/2014**.

4. Course Description:

This course is designed to introduce you to the basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning. Activities may include, but are not limited to walking, running (jogging) swimming, cycling, calisthenics and aerobic dance. Course may be repeated with a change in topic.

Participation: In addition to attending, students are expected to actively participate in all activities throughout the class period. In order to receive attendance points students must submit to the instructor at the end of each class a piece of paper with: name, date, what was done in class that day (where we walked to, which exercises, etc.) If you exhibit inappropriate behavior you will be asked to leave the class and will be counted as absent that day. Repeated incidents may result in expulsion from the class. Additionally, appropriate dress is required in order to get credit for participation. Appropriate dress includes tennis shoes, athletic shorts or pants, and t-shirt. **Electronic devices:** Students are asked only to use cell phones only for: pedometer app and music. If we are doing something other than walking (activity- kickball, etc.) students will not be allowed to use cell phones. If you are expecting an important call, please let me know before class. If you are working on an electronic device during class when it is not authorized you will be counted as absent.

5. Student Learning Outcomes:

- To maintain or increase walking stamina and endurance
- Demonstrate the ability to stretch and warm up properly prior to exercise
- Demonstrate the ability to fitness walk a specific amount of time and/or distance that increases as the class progresses.
- Explain the benefits of walking as a form of exercise
- Increase speed by attaining a fifteen-minute or less mile.

6. Course Content Outline:

A. Tentative Course Content and Schedule (subject to change based on weather & equipment availability:

- Week 1: Jan 14 - Jan 16 – Introduction, Begin Logbook, Goals, TIMED TRIAL 1; track or trail
- Week 2: Jan 21 & Jan 23- track, trail
- Week 3: Jan 28 & Jan 30 - stairs, game
- Week 4: Feb 4 & Feb 6- trail, TIMED TRIAL 2
- Week 5: Feb 11 & Feb 13- track, stairs
- Week 6: Feb 18 & Feb 20- trail,game
- Week 7: Feb 25 & Feb 27- TIMED TRIAL 3, trail; **MIDTERM & LAST WEEK TO DROP A COURSE**
- Week 8: Mar 4 & Mar 6- trail, track
- **Week 9: Spring Break Week March 10-14**
- Week 10: Mar 18 & Mar 20 - trail, stairs

- Week 11: Mar 25 & Mar 27- trail, TIMED TRIAL 4
- Week 12: Apr 1 & Apr 3- stairs, trail
- Week 13: Apr 8 & Apr 10- game, trail
- Week 14: Apr 15 & Apr 17 - FINAL TIMED TRIAL 5
- **Week 15: Apr 22 & 25 (Classes end April 25th)**
- **Week 16 Final Exam**

E-mail: Tiger Mail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for this information, so please check your account regularly.

Accommodations: Students who need accommodations are asked 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. Bring a copy of you Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

Honesty Code: The University Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

The above content is subject to minor amendments at the discretion of the instructor.

B. Missed Exams/Activities: If you miss any of the above graded assignments you will be given a "0". Students with extreme extenuating circumstances may be allowed to make up a missed exam or activity within one week of their return to class. This will be dealt with on a case by case basis. Please contact me via email as soon as reasonably possible if you are going to be out.

C. The final exam will consist of: skills tests, final reports/projects or written examinations.

7. Late Policy:

A. Students will be allotted a five minute grace period to enter into class (class starts at 9:30 you have until 9:35 before you are late). No more than five minutes will be given at the end of class for students that need to go to another class. If you have a class immediately following mine that you need to leave early for please let me know this at the beginning of the semester.

Logbook: A daily training log is required for this course. You should maintain a log with a

minimum of the date, distance, steps taken (if using a pedometer) , and calories burned if applicable.

Class Project: The student will be required to complete a project for a grade. The project will be based off of the student's Notebook content. Students will write a paper describing their goals and how they worked to achieve those fitness goals throughout the semester. The paper should consist of a detailed summary of the Notebook's contents and why they chose the exercise program seen within their notebook. Additional information will be given as the project deadline nears.

B. Attendance will be taken at various times during the class during EVERY class session. Students will be expected to attend the entire class session appropriately dressed and participate in class activities for full point value. Performance skills assessments will be performed during the semester to evaluate student progress and will be given a point value. Quizzes, exams, and project will be graded and returned to the student's within 2 weeks of submittal. See Rubric.

8. Rubric and Grading Scale:

Grading:

Attendance/Participation: 56 points

Syllabus Agreement: 4

Portal Registration: 3

Portal: 30 points

Timed trials: 5 points

Student choice assignments: 2 points

Total possible: 100 points

*To earn the participation points students must attend class, dress appropriately, and take part in the activity.

*A final grade for this course will be provided only upon completion of all required course assignments, i.e. quizzes, exams, portal assignments and attendance/participation.

Grading Scale (Final grades will be based on the following point system):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

9. Class Policy Statements:

Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.

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). 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

E. Disability 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)."

F. 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.

G. Professionalism: As faculty, staff, and students interact in professional settings, they are

expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

I. Distance Learning Statement

This course uses a combination of in class teaching, active participation as well as supplemental online course content. All course assignments and expectations are included in the syllabus as well as online. If clarification is needed for any assignment students can discuss with the instructor in class, by email, or schedule office hour meetings for further instruction.