

AUBURN UNIVERSITY
Department of Kinesiology
PHED 1250-001 Cardio Respiratory: Water Aerobics
Spring 2014 Syllabus

Instructor: Mariam A. Abu-Alim.

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Office Hours: 8-10 am Wednesday and Friday. Please e-mail for appointment.

Credit Hours: 2 credit hours.

Course time and location: Tuesday and Thursdays; 9:30-10:45 am. In the Indoor Instructional Pool, Martin Aquatics Center, 664 Biggio Drive.

Texts or Major Resources:

A. 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 the PHED course. Below are student instructions.

Once you purchase the code, follow the directions provided below and register for your class by **01.17.2014**

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. The card code will be on the card you purchased from the bookstore.
4. Click on **PHED 1250-001 Cardio Respiratory: Water Aerobics Spring 2014.**
 - **Please make sure you register for the correct semester and section.** Failure to do so will result in additional cost to you to replace your access code for this class.

5. 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: **Cardio Respiratory: Water Aerobics**. Each module has an assessment at the end (with the exception of my activity profile) 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.
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 **01.17.2014**
9. Students, please be reminded that you should log into the correct course and section. Failure to do so will result in additional cost to you to replace your access code for this class.
10. The following assessments **MUST** be taken by every student:
 - a. Exercise Vocabulary.
 - b. Health Benefits.
 - c. The FITT principle.
 - d. Behavior Change.
 - e. Preparing & Recovering from Exercise.
 - f. Conceptual Core that is specific to your class.

Course Objectives:

- 1) To grasp a general understanding of Water Aerobics and the health benefits involved.
- 2) To improve one’s physical health and fitness throughout the semester.

Student expectations:

Students are expected to attend classes on time, wear proper clothing (one piece swimsuit for women and trunks with optional swim shirt for men), participate, and complete assignments. Students will not be allowed to participate in class if they are wearing improper clothing, or if they arrive to class more than 20 minutes following the start of the class.

Evaluations:

Students will be evaluated using specific criteria: attendance, participation, and online portal, and assignments.

Grading base on:

Participation: 40%

Portal: 40%

Assignments: 20%

Grading Scale:

A= 90-100

B = 80-89

C = 70-79

D = 60-69

F= below 60

Medical Considerations: It is the student's responsibility to inform the instructor of any medical conditions or allergies that may affect class participation or performance.

Class Policy Statements:**A. Physical Activity and Wellness Program Attendance Policy**

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).
- 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

AU BULLETIN EXCUSED ABSENCE POLICY

"Arrangement to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Student Policy eHandbook) shall be initiated by the student within one week from the end of the period of the excused absence. Normally, a make-up exam shall occur within two weeks from the time that the student initiates arrangements for it... Instructors are expected to excuse absences for:

1. Illness of the student or serious illness of a member of the student's immediate family. **The instructor may request appropriate verification.**
2. The death of a member of the student's immediate family. **The instructor may request appropriate verification.**
3. Trips for members of the student organizations sponsored by an academic unit, trips for University classes and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. **Instructors may request formal notification from appropriate University personnel to document the student's participation in such trips.**
4. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.
5. Subpoena for court appearance. **The instructor may request appropriate verification.**

B. Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) 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.

C. 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).

D. 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.

E. 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

| Week | Tuesday | Thursday |
|--------------------------|----------------|--------------------------------------|
| <i>1.</i> | No class | Review syllabus |
| <i>2.</i> | Activity | Activity DUE- Assessment 1 |
| <i>3.</i> | Activity | Activity DUE- Assessment 2 |
| <i>4.</i> | Activity | Games DUE- Assessment 3 |
| <i>5.</i> | Activity | Activity DUE- Assessment 4 |
| <i>6.</i> | Games | Activity DUE- Assessment 5 |
| <i>7.</i> | Activity | Activity DUE- Assessment 6 |
| <i>8.</i> | Games | Activity DUE- Assessment 7 |
| Spring break 2014 | | |
| <i>9.</i> | Games | Activity |
| <i>10.</i> | Activity | Activity |
| <i>11.</i> | Activity | Games |
| <i>12.</i> | Activity | Activity |
| <i>13.</i> | Activity | Activity |
| <i>14.</i> | Final project | Final project |
| <i>15.</i> | Final project | Final project |

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