# Auburn University School of Kinesiology KINE 2251

**Spring 2018**

**Instructor:** Robyn Feiss

**Email:** rsf0012@auburn.edu

**Office Hours:** By Appointment

**Course Title**: KINE 2251 Laboratory in Motor Development Across the Lifespan

# Credit Hours: 1.0

**Prerequisites & Corequisites**: KINE 2253

# Course Meeting Time and Place:

KINE 2251 – 007 – Thursdays from 5:30 – 7:30 (School of Kinesiology 024)

**Texts or Major Resources:** No textbook required, assigned readings will be provided.

**Course Description**: Develop an understanding and application of the broad concepts in motor development.

# Course Objectives:

At the end of the course students will be able:

* To assess the relationship between motor learning and fitness levels.
* To create health enhancing goals to improve health and fitness.
* To determine barriers and facilitators for health and fitness and how these factors may differ between populations.

# Attendance/Class Participation Policy

* **For each class you attend you earn 5 point toward your grade. In order to receive your point(s) for class you must sign-in when you arrive and fill out and complete a weekly goal log following your participation (on canvas).**
* For each unexcused absence, 5 points will be deducted from your grade.
* Appropriate verification and a copy of the excused absences must be provided to the instructor within one week of the absence to avoid the 5 point deduction for an unexcused absence.
* Arriving late will result in 2 points being deducted from your total points.
* Leaving early will result in a 2 point reduction in your total points for the course.

If you are unable to attend for any reason or you are going to be late, please email me at [rsf0012@auburn.edu](mailto:rsf0012@auburn.edu). Failure to provide notification of an absence **before the start of class time** will result in an unexcused absence.

* There will be a fitness pre-test at the beginning of the semester and a fitness post-test during the last week of classes. **If you are absent for one of these tests and fail to make it up**, it will count as two absences resulting in a loss of 10 points from your total points for the course. Excused absences will enable you to earn back the points deducted for your absences. When you present your excused absence documentation and make up the time, the points will be added back to your grade.

**Course Schedule**

|  |  |  |
| --- | --- | --- |
| **WEEK** | **Details** | **ASSIGNMENT(S) DUE** |
| January 11 | No Class |  |
| January 18 | Review of syllabus and discussion of fitness programs for children and adults |  |
| January 25 | Pre-testing |  |
| February 1 | Fitness Program 1 | Complete weekly goals and pre-test surveys, Sleep and nutrition logs |
| February 8 | Fitness Program 2 | Complete weekly goals |
| February 15 | Fitness Program 3 | Complete weekly goals |
| February 22 | Fitness Program 4 | Complete weekly goals |
| March 1 | Fitness Program 5 | Complete weekly goals |
| March 8 | Fitness Program 6 | Complete weekly goals and mid-semester surveys, Sleep and nutrition logs |
| March 15 | Spring Break – No Class |  |
| March 22 | Fitness Program 7 | Complete weekly goals |
| March 29 | Fitness Program 8 | Complete weekly goals |
| April 5 | Fitness Program 9 | Complete weekly goals |
| April 12 | Fitness Program 10 | Complete weekly goals |
| April 19 | Post-testing | Complete weekly goals and post-semester surveys, Sleep and nutrition logs |
| April 26 | Post-testing/Review |  |
| May 3 |  | Final Reflection Paper Due |

# Classroom Expectations

* Students are required to attend class on time. Students must check-in immediately upon arrival and check-out prior to departure.
* You will be evaluated on 2 objectives: (1) attendance and (2) adequately participating in the day’s activities.
* **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 *(a) engaged in responsible and ethical professional practices, (b) contributed to collaborative learning communities, (c) demonstrated a commitment to diversity, and (d) modeled and nurtured intellectual vitality.*
* **Dress Code:** Students are required to have appropriate dress at all times. No article of clothing bearing a logo referencing alcohol, illegal substance, profanity or nudity will be permitted. No spaghetti straps are allowed. All shorts must be no more than two inches above the knee. Only tennis or running shoes are permitted; flip-flops may not be worn on site. If a student fails to come dressed appropriately for class, the student will not receive credit for attendance and assigned duties.

# Grading Policy

Grades will be based on the percentage of points earned from the total points offered. An “S” will be awarded for grades that total 70-100%, “U” for 0-69%

**Final Grade: (85 Points Total)**

Attendance 2.5 Points/Class x 14 classes = 35 points

Participation 2.5 Points/Class x 14 classes = 35 points/Weekly Goals

Sleep and Nutrition Logs/Surveys 10 points

Final Reflection Paper 5 points

**Course Evaluations**:

AU eValuate’s semester evaluation will be available online and dates will be announced in class.

**Academic Honesty:**

The University Academic Honestly Code will apply to this course. Please refer to the Student Policy eHandbook; the URL is [www.auburn.edu/studentpolicies.](http://www.auburn.edu/studentpolicies)

# Statement of Student Accommodation

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).

**Guidelines**

1. Be an active participant in all aspects of the course.
2. Be on time and do not leave early.
3. Dress appropriately (see dress code above).
4. Fill out weekly goal logs.
5. Check canvas for course announcements regarding any schedule changes or course updates.
6. Have fun and smile ☺
7. Refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.