**PHED 1393**

**Weight Management**

**Spring 2018**

**Kameron Suire, GTA**

**Office: KINE 140**

**Office Hours: 9-11 Mon/Wed/Fri, As needed**

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**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** PHED 1393

**Course Title:** Weight Management

**Term:** Spring 2018

**Day/Time:** Distance Education Course

**Instructor:** Kameron Suire, GTA

**Office Address:** KINE 140

**Contact Information: kbs0041@auburn.edu**

**Office Hours:** Distance course; available by email, 9-11 Mon/Wed/Fri, also available by request.

 **2. Credit Hours:** 2 semester hours

**Prerequisites:** None

**Co-requisites:** None

**3. Text (Required):** None

**4. Course Description:** Nutrition and exercise concepts associated with maintaining a healthy weight.

**5. Student Learning Outcomes:**

After taking this course you will have a working knowledge in:

* Understand basic fitness concepts and how to formulate a basic personalized exercise prescription.
* Understand basic nutrition concepts and how to formulate a basic nutrition plan.
* Be able to track exercise behavior.
* Be able to monitor dietary intake Engage in healthy eating behaviors.
* Participate in exercise appropriate for the individual.

**6. Course Content Outline:**

|  |  |
| --- | --- |
| **Due Date** | **Topic & Assignments** |
|  1/16 | **Introduction Power-Point Quiz** |
| 1/22 | **Fitness Quiz** |
| 1/29 | **Nutrition Quiz** |
|  2/5 | **Weight Management Quiz** |
|  1/16 | Fitness Log 1 |
| 1/16 | Nutrition Log 1 |
| 1/22 | Fitness Log 2 |
| 1/22 | Nutrition Log 2 |
| 1/29 | Fitness Log 3 |
| 1/29 | Nutrition Log 3 |
| 2/5 | Fitness Log 4 |
| 2/5 | Nutrition Log 4 |
| 2/12 | Fitness Log 5 |
| 2/12 | Nutrition Log 5 |
|  2/19 | Fitness Log 6 |
| 2/19 | Nutrition Log 6 |
| 2/26 | Fitness Log 7 |
| 2/26 | Nutrition Log 7 |
| 3/5 | Fitness Log 8 |
| 3/5 | Nutrition Log 8 |
| 3/19 | Fitness Log 9 |
|  3/19 | Nutrition Log 9 |
| 3/26 | Fitness Log 10 |
|  3/26 | Nutrition Log 10 |
| 4/2 | Fitness Log 11 |
| 4/2 | Nutrition Log 11 |
| 4/9 | Fitness Log 12 |
| 4/9 | Nutrition Log 12 |
| 4/16 | Fitness Log 13 |
| 4/16 | Nutrition Log 13 |
| 4/23 | Fitness Log 14 |
| 4/23 | Nutrition Log 14 |
| 4/30 | Final Report |

**7. Course Requirements / Evaluation:**

|  |  |  |
| --- | --- | --- |
| Evaluations | Value | Description |
| 1) Quizzes |  100 (4 quizzes; 3 quizzes at 30 points each; 1 syllabus quiz at 10 points | Quizzes will be conducted online via Canvas. All quizzes will be close on a fading syllabus (see course calendar). Once the quiz is open you will have 45 minutes to take the quiz. You can only take the quiz once. You may use your notes and book to answer the quiz questions. You may NOT work together to complete the quizzes. *You will also have a short quiz on the Introduction set of slides and the syllabus to ensure understanding and clarify any questions*. |
| 2) Nutrition Logs | 140 points(10 points each) | You will need to monitor your nutrition over the course of the semester. Each week you will submit your nutrition logs with at least 1 day of monitoring per week. The food log must be submitted every Monday. The introduction slide discusses various ways in which you can monitor your food intake. Each log must contain the following: * List of foods eaten with serving size and statement of weight management goal (i.e. my goal is to increase, decrease, or maintain my weight).
* Reflect on the following questions: Is this my typical diet? Does this meet my weight management needs? Which of the food rules am I applying? How can I improve?
 |
| 3) Fitness Logs | 140 points(10 points each) | You will need to report your exercise each week. Exercise logs are due on each Monday and you must exercise at least 3 days a week. The exercise logs must contain the following: Details of daily exercising including frequency, intensity, time and type of exercise; monitoring by some objective measure (i.e. pedometer, heart rate, miles per week), monitoring by some subjective measure (i.e. RPE scale, feeling scale, or reflections).  |
| 4) Final Report | 20 Points | A final report that includes your general idea about the class, explain if you reached your goals, explain what you learned and also bring feedback related with some adjustments that you consider are essential to improve quality in this course. |

**8. Rubric and Grading Scale:**

|  |  |  |
| --- | --- | --- |
| Grade |  Scale |  Point Scale |
| **A** |  100 – 90 | 400-360 |
| **B** | 89.9 – 80 | 359-320 |
| **C** | 79.9 – 70 | 319-280 |
| **D** | 69.9 – 60 | 279-240 |
| **F** | Below 60 | <239 |

##  \*\*College of Education SONA EXTRA CREDIT OPPORTUNITY

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email **sona@auburn.edu**. If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

**9. Class Policy Statements:**

* **Please pay close attention to the due dates posted on the syllabus.** **No late assignments will be accepted after the due dates.**
* You can view your grades accumulated throughout the semester on Canvas. I will not round or give any points at the end of the semester. Please do not ask.
* The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.
1. **Attendance**: Due to the nature of this course there is no formal attendance policy. However, students are expected to follow the course outline and will be held responsible for all content covered in the syllabus and expected to meet all posted deadlines.
2. **Make-Up Policy**: Due to the nature of this course there is no formal make-up or excused absences policy. Please remember that all course content is open at the beginning of the semester and you have several weeks to complete quizzes and assignments throughout the semester. However, if an extraordinary circumstance occurs and a deadline needs to be missed or cannot be completed in the time assigned you must contact the instructor immediately to explain the circumstances and the instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor about this prior to the occurrence, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.
3. **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, and addendum to your syllabus and/or course assignments will replace the original materials.
4. **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

**10.** **Academic Honesty Policy**:

All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* 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.

**11.** **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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.