AUBURN UNIVERISTY

SYLLABUS

\*Please note: “Steps” accumulated by wearing a Movband 4 is required for this course.

# Course Details:

Course Number: PHED 1003-011

Course Title: Active Auburn

Term: Spring 2019

Day/Time: Online

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Hillary Holmes

Office Address: 301 Wire Road, Kinesiology Research Facility #016

Contact Information: hhholmes@auburn.edu

Office Hours: Monday & Wednesday 8AM-10AM Room 016 Kinesiology Building (Additionally, email to schedule an alternate time)

On-Campus Movband Technician: Brenna Cosgrove ([bmc0053@auburn.edu](mailto:bmc0053@auburn.edu))

Movband Manufacturer Assistance: DHS Group, Inc - info@dhsgroup.com

# Texts or Major Resources:

The two resources for this course are the e-book and a Movband 4 wearable fitness tracker as noted below.

## E-book

This PHED course will utilize an e-book version of the textbook that will be made available to you in the Canvas site associated with your course. Since you use an e-book in your class, there are a few important things to know up-front:

* **DO NOT BUY OR ORDER A TEXTBOOK FOR THIS CLASS**. It will be provided to you in Canvas.
* You will be charged $ 39.50 for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on January 31st, 2019 and will appear as "Bookstore Charges" on the e-bill issued following that date.
* No charge will be made to your account if you drop the class before January 30th, 2019.
* You will be able to view the course text in Canvas, and will also be able to view it using the Canvas mobile application.
* For billing questions/concerns, contact [Rusty Weldon](mailto:Rusty%20Weldon), Assistant Director of the AU Bookstore, [weldora@auburn.edu](mailto:weldora@auburn.edu).
* Please note if you “opt out” of eBook charges, you will not have access to the materials you need to complete the course.

## Movband 4 Fitness Tracker

**The Movband 4 is the ONLY device permitted for use in this class. Third party devices (Apple Watch, Fitbit, etc.) are not approved devices for Active Auburn. Additionally, a smartphone (Android or iOS 9 or greater) is required to register and sync the Movband 4. Therefore, you NEED a smartphone to participate in this course.**

To purchase your Movband 4 please go to the [School of Kinesiology](http://www.auburn.edu/kine) at the following website [www.auburn.edu/kine](http://www.auburn.edu/kine) and select “Kinesiology Store”.

1. Click on “Active Auburn” and select the Movband 4.
2. Click “Add to Cart.”
3. Next enter your Full Name and Course Section Number and click “Continue.”
4. Select “Checkout” and enter your “Email address”
5. Last, enter your credit card information to complete the purchase.

Your Movband 4 has been pre-ordered, so when you complete your payment process you can collect it from the School of Kinesiology – 301 Wire Road, Auburn University at the following times and locations:

1. Bring your receipt (electronic or printed) and photo identification.
2. Collection of your Movband 4 is available during the following dates/times/locations:

January 8th-11th, 2019 & January 14th, 2019

8:30am-4:00pm

All pick-ups will take place at the **School of Kinesiology (301 Wire Road) – under the stairwell closest to room 024 Pediatric Movement & Physical Activity Lab**. You can park in the parking lot circle ONLY while picking up your Movband.

1. You will be given your Movband 4 when you provide your receipt, photo identification, course section number, and provide your signature for receipt.

**\*If your Movband malfunctions, YOU are responsible for contacting your instructor and your On-campus Movband Technician listed on page 1 of your syllabus for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.**

# Course Description

Throughout this course, students will learn basic concepts associated with the development and maintenance of physical activity, as well as be exposed to the different fitness opportunities offered in the local area while engaging in health-promoting and wellness activities.

Active Auburn is a course designed to allow students to participate in physical activity of their choice at a time and location that best fits their schedule, and is electronically recorded and synced to your instructor using a fitness tracking device (Movband 4). More information about Movband 4 is given below (see Course Requirements / Evaluation - section 7).

# Course Objectives:

Upon completion of the course objectives, the student will be able to:

A. Define exercise terms.

B. Identify public health benefits of engaging in regular physical activity.

C. Exhibit understanding of the FITT principles.

D. Exhibit knowledge of behavioral strategies to change behavior and health.

E. Exhibit knowledge of techniques to enhance motivation (i.e., goal setting).

F. Exhibit knowledge of preparing and recovering from exercise.

G. Identify physical activity and wellness opportunities in and around Auburn's campus.

H. Report future interests and goals for physical activity engagement.

# Course Content: (assignment due dates/exams are in bold and highlighted)

Week 1: Purchase from the [School of Kinesiology Store](http://www.auburn.edu/kine) at the following website

[www.auburn.edu/kine](http://www.auburn.edu/kine) and Pick-up your Movband **1/8/19-1/11/19 and**

**1/14/19 - *8:30am-4:00pm***

(see 3. Texts or Major Resources in this syllabus);

Register and sync your Movband 4 using the invite code provided by

your instructor (see MOVBAND REGISTRATION)

Week 2: **Syllabus Quiz –** **1/18/19**

*Practice Week* – This week is intended for you to practice using your

Movband, however if you reach 42,000 total steps for the week, this will

count toward your Week 14 grade. To receive credit, you must have

joined your instructor’s section/group on HealthSpective Engage using

the invite code provided by your instructor and sync your Movband by

**1/19/19** SATURDAY at 11:59pm. (Week 2 includes January 13-19).

**NOTE: Your total expected steps will increase every 2-3 weeks as indicated below. Completed steps that have not been synced by the due date (Saturday at 11:59pm) will not be counted. Daily syncing is encouraged.**

Week 3: **Canvas Module #1 - Exercise Vocabulary – 1/25/19**

Achieve Total Weekly Steps of 42,000 **1/20/19-1/26/19**

**Last day to drop a course with no grade assignment – 1/30/19**

Week 4: **Canvas Module #2 - Health Benefits of Engaging in Regular Physical**

**Activity – 2/1/19**

Achieve Total Weekly Steps of 49,000 **1/27/19-2/2/19**

Week 5: Achieve Total Weekly Steps of 49,000 **2/3/19-2/9/19**

Week 6: **Canvas Module #3 - FITT Principles – 2/15/19**

Achieve Total Weekly Steps of 56,000 **2/10/19-2/16/19**

Week 7: **Midterm Exam - Complete Midterm Survey 2/11/19-2/22/19**

Achieve Total Weekly Steps of 56,000 **2/17/19**-**2/23/19**

Week 8: **Canvas Module #4 - Behavioral Change Strategies – 3/1/19**

Achieve Total Weekly Steps of 56,000 **2/24/19-3/2/19**

Week 9: Achieve Total Weekly Steps of 63,000 **3/3/19-3/9/19**

SPRING BREAK: 3/11/19-3/15/19

Week 10: **Canvas Module #5 - Preparing and Recovering from Exercise – 3/22/19**

Achieve Total Weekly Steps of 63,000 **3/17/19-3/23/19**

**Last day to withdraw from course with no grade penalty. "W" assigned – 3/29/19**

Week 11: Achieve Total Weekly Steps of 63,000 **3/24/19-3/30/19**

Week 12: Achieve Total Weekly Steps of 70,000 **3/31/19-4/6/19**

Week 13: Achieve Total Weekly Steps of 70,000 **4/7/19-4/13/19**

Week 14: Achieve Total Weekly Steps of 70,000 **4/14/19-4/20/19**

Week 15: **Final Exam/Course Survey - (NOT AU-Evaluate) 4/8/19-4/26/19**

(Potential make-up week for excused absences 4/21/19-4/27/19 – If

utilized, 70,000 weekly steps are due by 4/27/19 at 11:59pm)

\*No partial credit will be given.

Course Requirements / Evaluation:

Item Percentage

Syllabus Quiz 5%

5 Canvas Modules 25%

Midterm Exam (Course Survey) 5%

**\***Participation (Total Weekly Steps = -5, 0, +2.5, +5 see chart below) 60%

(1 week=Sun 12:00am-Sat 11:59pm)

Final Exam (Course Survey-Not AU Evaluate) 5%

Total 100%

\*\*Extra Credit – College of Education SONA

Syllabus Quiz (5%)

Week 1 posted on Canvas. Review the Course Syllabus on Canvas and then complete the Syllabus Quiz.

Canvas Module Assessments (25%)

Conducted online using Canvas. See schedule of Course Content for due dates. Quiz questions are randomly generated from the e-book.

## Midterm Exam (5%)

Complete Course Survey on Canvas

The midterm exam will consist of a course survey on Canvas regarding your experiences in Active Auburn.

## Participation –Total Weekly Steps (60%)

Students are required to achieve a weekly total of “steps” as recorded by the Movband 4. (1 week = Sunday 12:00am-Saturday 11:59pm)

Weekly step data are automatically provided to instructors when Movband trackers are registered according to your Active Auburn course section and synced with a computer or smartphone**.**

**It is strongly suggested that you sync your Movband frequently (daily) to ensure your physical activity is being recorded properly. Check to be sure the amount of steps synced correlates with the amount displayed on your device. If it does not correlate, contact your On-campus Movband Technician listed on page 1 of your syllabus for support, screenshot your device for documentation, and let your instructor know as soon as possible.**

Also, please note that the expected “Total Weekly Steps” increase as the semester progresses as indicated in the table below and Course Content.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Weekly Steps | -5 points earned | 0 points earned | +2.5 points earned | +5 points earned |
| 42,000 | < 21,000 | 21,000-31,499 | 31,500-41,999 | 42,000+ |
| 49,000 | < 24,500 | 24,500-36,749 | 36,750-48,999 | 49,000+ |
| 56,000 | < 28,000 | 28,000-41,999 | 42,000-55,999 | 56,000+ |
| 63,000 | < 31,500 | 31,500-47,249 | 47,250-62,999 | 63,000+ |
| 70,000 | < 35,000 | 35,000-52,499 | 52,500-69,999 | 70,000+ |

**\*If your Movband malfunctions, YOU are responsible for contacting your instructor and your On-campus Movband Technician listed on page 1 of your syllabus for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.**

## Final Exam/Course Survey (5%)

Complete Course Survey on Canvas

The final exam will consist of a course survey on Canvas. (NOT AU-Evaluate)

Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

## \*\*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 contact [SONA](mailto:sona@auburn.edu) at the following email [**sona@auburn.edu**](mailto: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)

## CLASS ATTENDANCE

Attendance will be recorded through Movband 4 weekly reports that are automatically visible to your instructor when you register your device, join your section’s group, and sync your device using a smartphone. It is suggested to sync often (daily) to ensure your steps are being documented properly. If you do not sync your Movband by the weekly due date (Saturday 11:59pm), the report will show your instructor that you had “0” steps for the week. **Completed steps that have not been synced by the due date will not be counted.**

## MOVBAND REGISTRATION

Please follow these steps for Movband Registration:

1. Purchase and pick-up your Movband 4 according to the detailed instructions listed in section 3 of this syllabus (Texts or Major Resources). Bring your receipt and photo identification for pick-up.
2. Download the HealthSpective app on your smartphone.
3. On the app’s home page, select “Create an Account”. Enter your information accordingly and use your Auburn email. Your group invite code is Sect11sp19.
4. After you are successfully registered, select Movband 4 as the device you want to connect.
5. Enter your device ID, which can be found on the sticker on your Movband 4 or click through your device until that number appears.
6. Your device is now connected to your account. You will need to use this app to sync your steps.

**The Movband 4 is the ONLY device permitted for use in this class. Third party devices (Apple Watch, Fitbit, etc.) are not approved devices for Active Auburn. Additionally, a smartphone (Android or iOS 9 or greater) is required to register and sync the Movband 4. Therefore, you NEED a smartphone to participate in this course.**

## TIPS FOR USING YOUR Movband 4:

1. Make sure you have the most updated version of the HealthSpective app – this may need to be updated periodically during the semester.
2. Sync daily and verify the number of steps! This ensures that your Movband is recording your steps properly so you will receive credit appropriately.
3. Charge your Movband 4 weekly. A “LOW BATT” alert will pop-up on your device when it hits about 50% of its battery life – this should give you plenty of time to get it charged.
4. If your Movband malfunctions, YOU are responsible for contacting your instructor AND your On-campus Movband Technician listed on page 1 of your syllabus for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.
5. Selecting “Custom Range” on your computer dashboard will allow you to look at steps for “This Week”, as opposed to the default monthly total.
6. Make sure you choose “steps” as opposed to “moves” from the dashboard drop-down menu when evaluating your goals on the HealthSpective Engage website.
7. Please be aware that if you try to sync in a time zone apart from Central Standard Time, you may experience issues with syncing. Please inform your instructor prior to needing to sync in another time zone and be sure to sync your device when you get back to CST.
8. When logging in to the HealthSpective Engage website from a laptop, please make sure you click the “student/athlete” option at the bottom of the login page.
9. Though your Movband 4 displays sleep, calories, and active minutes, the app and dashboard are not yet showing that information. The ability to do those things is coming soon!

## SYNCING FROM AN ANDROID PHONE:

Having a smart phone is a requirement for participating in this course, and we recognize that many students have Android phones. Unfortunately, some (not all) students have experienced issues syncing their Movbands to their Android devices. To overcome these issues, follow these steps in order to sync your Movband:

1. If you have a Windows computer, you can utilize the Windows Syncing App to sync via Bluetooth. To download the app, go to <http://www.dhsgroup.com/healthspective-windows-application>
2. Schedule an appointment with your technician to sync from a shared Bluetooth-enabled computer.

\*\*Regardless of how you sync, it is still your responsibility to submit your weekly steps on time.

# Course Policy Statements:

\*No daily attendance policy will be in effect for this course, however please note all other policies in sections 8, 9, and 10 of this syllabus.

## A. Attendance:

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. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Once a student has accrued five 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 and/or combination of each type) will receive a grade of FA.

## B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Appropriate documentation for all excused absences is required. Please refer to the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

## C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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 will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

# Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. 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.

**Statement on Misuse of Movbands**

Misuse of Movbands for course credit is a direct violation of the Auburn University academic honesty code and is easily detected based on user activity data. Misuse (e.g., placing in/on moving appliances/animals) typically results in a malfunctioned band which requires purchase of a new band for continuation in the course. Make-up weeks will not be provided in the case of Movband misuse. Suspected misuse of Movbands for course credit will be reported to the Office of the Provost and Academic Honesty Committee.

# 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.