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 2020

Day/Time: Online

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Tatiana White

Office Address: 301 Wire Road, Kinesiology Research Facility #106

Contact Information: taw0041@auburn.edu

Office Hours: Email to make an appointment

On-Campus Movband Technician: Robin Thornburg-Brock, PHED Coordinator, (thornr1@auburn.edu)

Movband Manufacturer Assistance: support@engagemoves.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 (course modules and assessments)

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 $ 39.95 for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on January 30th, 2020 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 the 15th class day January 29th, 2020.
* 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, Assistant Director of the AU Bookstore, 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 Wearable 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 click the link and follow the directions below.

1. [Link to purchase Movband 4](https://secure.touchnet.net/C20021_ustores/web/classic/store_cat.jsp?STOREID=110&CATID=471).
2. Click on “Active Auburn” and select the Movband 4.
3. Click “Add to Cart.”
4. Next enter your Full Name and Course Section Number and click “Continue.”
5. Select “Checkout” and enter your “Email address”
6. 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 during our designated pick-up times. We will be distributing Movbands from the bottom floor of the Student Activity Center (STACT). Please note this is NOT the Student Recreation & Wellness Center! You should enter the STACT through the Biggio Drive entrance. (Biggio Drive is the road that runs between the Aquatics Center, STACT, and the football practice facility.) **Please do not attempt to pick up your band from the Kinesiology building or park in the faculty lot**. Parking services will be closely monitoring our lot during pick-up times.

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

dates/times/locations:

***Monday, January 13th- Friday, January 17th, 2020***

***9:00am-4:00pm***

***STACT building, bottom floor, door closest to Biggio Drive (doors closest to the football practice facility)***

**ALL MOVBAND PICK-UPS WILL TAKE PLACE AT THE STACT. DO NOT ATTEMPT TO PICK UP YOUR BAND FROM THE KINESIOLOGY BUILDING. DO NOT PARK IN THE KINESIOLOGY LOT; PARKING SERVICES WILL BE CLOSELY MONITORING OUR FACULTY LOT. YOU WILL BE TICKETED!**

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: CLASSES BEGIN **1/8/20**

 **Student responsibilities for Week 1:**

-Purchase your Movband 4 from the [School of Kinesiology Store](http://www.auburn.edu/kine) by using the following direct link: [Link to purchase Movband 4](https://secure.touchnet.net/C20021_ustores/web/classic/store_cat.jsp?STOREID=110&CATID=471).

-Download the Healthspective App on your smartphone.

-Register through the Healthspective App \*PLEASE PAY CLOSE ATTENTION TO THE FOLLOWING TIPS\*

-When you set up your account through the app you will first set up your account. Please register using your AUBURN EMAIL.

-You will also be given the option to “join a group” while setting up your account. This is where you will input your section’s invite code, which is sect11sp20. Please make sure there are no typos when entering your code. **IF YOU DO NOT SUCCESSFULLY JOIN YOUR GROUP, YOUR INSTRUCTOR WILL NOT BE ABLE TO SEE YOUR STEPS AND YOU WILL NOT RECEIVE CREDIT FOR YOUR WORK.** To ensure success in joining the correct group, please make sure your group is showing up on your “My Groups” tab.

-If you do not join your group while registering on the app, you can go to the [Engage Website Login](https://dashboard.movable.com/education/sign_in/form) and enter your credentials. Once logged in, choose the “groups” option from the menu on the left. You should be able to join your group by inputting your invite code through this tab.

-Connect your band to your account by entering the device ID, which is found on the white sticker on the side of the device. \*PLEASE NOTE: Your band will need to be charged before attempting to connect it to your account.

-Begin working on Syllabus Quiz (due 1/17/20)

-Begin wearing your band, collecting steps, and syncing. Once you collect a couple thousand steps, sync your band and compare your band display, your app, and your Engage account and make sure all 3 are showing steps. \*PLEASE NOTE: Sometimes step counts might vary between the app and your band. This is not abnormal, but if the difference is over 1,000 steps, please contact your technician.

-*Please see the sections labeled “Movband Registration” and “Joining your Group” on pages 8 & 9 of this syllabus for more detailed instructions if needed.*

Week 2: **-Syllabus Quiz – 1/17/20**

 -Pick up your Movand from the STACT anytime during the options listed

 below. You will need your receipt (printed or electronic) and photo ID.

 Please see item #3 above for more specific details.

 ***Monday, January 13th- Friday, January 17th, 2020***

***9:00am-4:00pm***

***STACT building, bottom floor, door closest to Biggio Drive (doors closest 0to the football practice facility)***

Week 3: -**Canvas Module #1 - Exercise Vocabulary – 1/24/20**

 -*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 15 grade. To receive credit, you must have

joined your Instructor’s section/group on Engage using the code

provided by your instructor and sync your Movband by **1/25/20**

SATURDAY at 11:59pm. (Week 3 includes 1/19/20-1/25/20).

**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.**

\*Please note your grade is based on Weekly “Steps” not “moves”

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

**Activity – 1/31/20**

-Achieve Total Weekly Steps of **42,000** 1/26/20-**2/1/20**

**- Last day to drop a course with no grade assignment – 1/29/20**

Week 5: -**Canvas Module #3 - FITT Principles – 2/7/20**

 -Achieve Total Weekly Steps of **49,000** 2/2/20-**2/7/20**

Week 6: Achieve Total Weekly Steps of **49,000** 2/9/20-**2/15/20**

Week 7: -**Canvas Module #4 - Behavioral Change Strategies – 2/21/20**

 -Achieve Total Weekly Steps of **56,000** 2/16/20-**2/22/20**

Week 8: -Achieve Total Weekly Steps of **56,000** 2/23/20-**2/29/20**

Week 9: -**Canvas Module #5 - Preparing and Recovering from Exercise – 3/6/20**

 -Achieve Total Weekly Steps of **63,000** 3/1/20-**3/7/20**

 ***Spring Break: 3/8/20-3/14/20= (NO STEPS DUE THIS WEEK)***

Week 10: -Achieve Total Weekly Steps of **63,000** 3/15/20-**3/21/20**

Week 11: -Achieve Total Weekly Steps of **70,000** 3/22/20-**3/28/20**

Week 12: -Achieve Total Weekly Steps of **70,000** 3/29/20-**4/4/20**

**- Last day to withdraw from course with no grade penalty. "W" assigned – 4/3/20**

Week 13: -Achieve Total Weekly Steps of **70,000** 4/5/20-**4/11/20**

Week 14: -Achieve Total Weekly Steps of **70,000** 4/12/20-**4/18/20**

Week 15: -Achieve Total Weekly Steps of **70,000** 4/19/20-**4/25/20**

**-Final Exam/Course Survey-(NOT AU-Evaluate) 4/6/20-4/24/20 (FRI)**

Week 16: -(potential make-up week for excused absences 4/26/20-5/2/20 – If

utilized, **70,000** weekly steps are due by **5/2/20**)

\*No partial credit will be given.

Course Requirements / Evaluation:

Item Percentage

5 Canvas Modules/Syllabus Quiz/Final Survey 25%

**\***Participation\*MUST HAVE JOINED CORRECT GROUP TO

RECEIVE PARTICIPATION CREDIT\* (Total Weekly Steps =

 0, +3, +5 see chart below) 75%

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

Total 100%

 \*\*Extra Credit – College of Education SONA

Syllabus Quiz

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

Canvas Module Assessments

Conducted online using Canvas. See schedule of Course Content for due dates. Quiz questions are randomly generated from the e-book. Students are only allowed to take these assessments once.

## Participation –Total Weekly Steps (75%)

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 is provided to instructors ONLY AFTER Movband trackers are registered to an individual student’s account, and that individual student has joined their course section by entering the invite code provided. The student must then successfully sync 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.

**Grading Chart**

|  |  |  |  |
| --- | --- | --- | --- |
| Total Weekly Steps | 0 points earned | 3 points earned | 5 points earned |
| 42,000 | <33,600 | 33,600-41,999 | 42,000+ |
| 49,000 | <39,200 | 39,200-48,999 | 49,000+ |
| 56,000 | <44,800 | 44,800-55,999 | 56,000+ |
| 63,000 | <50,400 | 50,400-62,999 | 63,000+ |
| 70,000 | <56,000 | 56,000-69,999 | 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

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 at the following 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. 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 start screen, select “Create an Account”. Enter your information accordingly and use your **Auburn email**. You will be prompted to join a group. Your group invite code is sect11sp20**.**
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.

JOINING MY GROUP (only needed if you did not join through the Healthspective app)

* 1. Type in dhsgroup.com on your browser (preferably chrome or safari).
	2. Roll your mouse over “login” at the top of the page.
	3. A dropdown menu will appear; choose Healthspective/Move login.
	4. Click on “Students/Athletes-Click Here” at the bottom of the page (it’s written in orange).
	5. Choose “sign in” and enter your credentials.
	6. From the dropdown menu under your name, choose “my account.”
	7. On the left-hand side of the screen choose “groups.”
	8. You will see a box to type in your invite code.
	9. Type in sect11sp20 and click “Join Group.” Please make sure to type in the code EXACTLY as it has been given to you.
	10. You should then see your group listed on this same page.

**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 discuss the most effective methods to overcome these issues, please schedule an appointment with your technician to sync from an alternative device.

\*\*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.