# \*\*Please make sure to check the following link frequently for changes in University policy regarding operation during the COVID-19 pandemic.\*\* <https://ahealthieru.auburn.edu/>

**AUBURN UNIVERISTY**

**SYLLABUS**

# Course Details:

Course Number: PHED 1000: D01

Course Title: **Active Auburn**

Term: **Spring 2022**

Day/Time: Online

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Dulce Gomez

Office Address: 301 Wire Road, Kinesiology Research Facility

Contact Information: [dhg0008@auburn.edu](mailto:dhg0008@auburn.edu)

Office Hours: Schedule appointment via email

**Active Auburn Coordinator** (secondary contact): Robin Thornburg-Brock, M.Ed. ([thornr1@auburn.edu](mailto:thornr1@auburn.edu))

**Movband Customer Support**: Engage ([support@engagemoves.com](mailto:support@engagemoves.com))

# Texts or Major Resources:

The major resources for this course are the **e-book**, the **Movband5** wearable fitness tracker, and the **EngageMoves M5** app (see below for further information on these required resources). You will also need access to a **smartphone**.

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.
* For the first two weeks of class, everyone gets this content for free.  All students in this course start as opted in to pay for the content for the course.
* The discounted price you will be billed is **$40.95** for the e-book by the AU Bookstore. The charge will be made to your AU e-bill **February 3rd, 2022** 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 on or before **February 2nd, 2022**.
* 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::weldora@auburn.edu), Assistant Director of the AU Bookstore, [weldora@auburn.edu](mailto:weldora@auburn.edu).
* If you want to opt out and not be charged, all you have to do is follow the instructions (see <https://www.aubookstore.com/t-txt_allaccessoptout1.aspx> ). You’ll lose access at the end of the second week of class, unless you’ve purchased it on your own.
* **Please note if you “opt out” of eBook charges, you will not have access to the materials you need to complete the course.**

To purchase your **Movband5** please use the following link **ONLY**: <https://dhsgroup.myshopify.com/discount/War%2520Eagle?redirect=%2Fproducts%2Fmovband-5>

**\*This link contains a discount code which you will see once you go to checkout. The discount takes $9.99 off of the original cost of the band, bringing it down to $57.20. If you do not use the provided link, you will not receive the discounted price.**

Your Movband5 will ship directly to you so please take extra caution when entering shipping information upon Engage checkout.

* When your band arrives, please refer to the **Movband5 Quick Start Guide** for instructions on setting up your new device.
* **The Movband5 is the ONLY device permitted for use in this class. Third party devices (Apple Watch, Fitbit, etc.) are not approved devices for Active Auburn.**
* **Students are not allowed to purchase previously owned bands from other students for use in this course. All students MUST purchase a new Movband5 by following the included link.**
* **A smartphone (Android 4.4 or iOS 9 or greater) is required to register and sync the Movband5. Therefore, you must have a smartphone to participate in this course.**
* **You will also need to download the latest version of the EngageMoves M5 app on your smartphone. This app will be used to sync your steps to the Engage dashboard, which will allow your instructor to see your data and assign your grades each week.**
* **If your Movband malfunctions, YOU are responsible for contacting your instructor and customer support (**[support@engagemoves.com](mailto:support@engagemoves.com)**) . An unreported malfunctioning Movband is not an excuse for missing activity. Please note if these troubleshooting steps are not followed, make-up work will not be provided. If you choose not to follow the suggested steps to repair/replace your band, please consider dropping the course.**

# 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 (Movband5). More information about Movband5 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:** **(1/12/22-1/15/22)** CLASSES BEGIN **1/12/2022**

**Student Responsibilities for Week 1:**

* ***Movband setup* (see MOVBAND5 QUICK START GUIDE)**

1. If you haven’t already done so, purchase your Movband5 using this link: <https://dhsgroup.myshopify.com/discount/War%2520Eagle?redirect=%2Fproducts%2Fmovband-5>
2. THOROUGHLY read through the **Movband5 Quick Start Guide** found under the **Movband Registration & Setup** portion of this document.
3. Download the **Engage Moves M5** app from your app store
4. Create your account using your **AUBURN EMAIL**
5. Connect/sync your Movband5 (see **Movband5 Quick Start Guide** for additional advice)
6. Join your specific section’s group using this code: **sect1sp22**. You should join your group through the app upon set-up.
7. Begin wearing your band daily and syncing multiple times a day using your Engage Moves M5 app. **The band will only hold data for 3 days, so syncing daily is vitally important so steps are not lost. Lost steps due to infrequent syncing will not be a valid reason to be assigned make-up weeks.**

* ***Canvas Assignments***

1. Begin working on Canvas module assignments. The first of which is the **Syllabus Quiz.** The **Syllabus Quiz** is due **1/21/22.**

**Week 2:** **(1/16/22-1/22/22)**

**-Syllabus Quiz –** **1/21/2022**

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

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

**provided by your instructor and sync all of your 42,000 steps using your Movband5/EngageMoves M5 app** by **1/22/2022.**

**SATURDAY at 11:59pm**. (Week 2 includes **January 16th-22nd, 2022**).

\****Please note: The practice week criteria of 42,000 steps is ALL-OR-NOTHING*. NO PARTIAL CREDIT WILL BE GIVEN.**

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

**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. It is also important to note your Movband5 will not hold more than 2-3 days’ worth of steps; therefore, to prevent loss of data, students are encouraged to sync multiple times a day if possible. At minimum, daily syncing is encouraged.**

**Week 3:** **(1/23/22-1/29/22)**

- Achieve Total Weekly Steps of **42,000** **(1/23/22-1/29/22)**

**Week 4:** **(1/30/22-2/5/22)**

**- Canvas Module #1 - Exercise Vocabulary – 2/4/2022**

**-** Achieve Total Weekly Steps of **42,000 (1/30/22-2/5/22)**

**- *15th Class Day: Last day to drop a course with no grade assignment – 2/2/2022***

**Week 5:** **(2/6/22-2/12/22)**

**-** Achieve Total Weekly Steps of **49,000 (2/6/22-2/12/22)**

**Week 6:** **(2/13/22-2/19/22)**

**- Canvas Module #2 - Health Benefits of Physical Activity –2/18/2022**

**-** Achieve Total Weekly Steps of **56,000 (2/13/22-2/19/22)**

**Week 7:** **(2/20/22-2/26/22)**

**-** Achieve Total Weekly Steps of **56,000** **(2/20/22-2/26/22)**

**Week 8:** **(2/27/22-3/5/22)**

**- Canvas Module #3 – The FITT Principle – 3/4/2022**

**-** Achieve Total Weekly Steps of **63,000** **(2/27/22-3/5/22)**

**Week 9:** **(3/6/22-3/12/22)**

**SPRING BREAK: NO STEPS DUE THIS WEEK**

**Week 10:** **(3/13/22-3/19/22)**

**- Canvas Module #4 – Active for Life – 3/18/2022**

**-** Achieve Total Weekly Steps of **63,000** **(3/13/22-3/19/22)**

**Week 11: (3/20/22-3/26/22)**

**-** Achieve Total Weekly Steps of **70,000** **(3/20/22-3/26/22)**

**Week 12: (3/27/22-4/2/22)**

**- Canvas Module #5-Preparing and Recovering from Exercise–4/1/2022**

**-** Achieve Total Weekly Steps of **70,000** **(3/27/22-4/2/22)**

**Week 13: (4/3/22-4/9/22)**

**-** Achieve Total Weekly Steps of **70,000** **(4/3/22-4/9/22)**

**\*Active Auburn Final Course Survey (NOT AU Evaluate) Opens *4/3/2022***

**Week 14: (4/10/22-4/16/22)**

**-** Achieve Total Weekly Steps of **70,000** **(4/10/22-4/16/22)**

**\*UNLESS STUDENT COMPLETED CRITERIA FOR PRACTICE WEEK 2\***

If student completed steps during Practice Week 2, no steps are due this week. If student did **NOT** complete Practice Week 2, **70,000** steps are due by **4/16/22**.

**- Last day to withdraw from course with no grade penalty. “W” assigned – 4/22/2022**

**Week 15: (4/17/22-4/23/22)**

**- Final Course Survey (*NOT AU EVALUATE)* – 4/22/22**

**- No steps due this week**

**Week 16: (4/24/22-4/29/22)**

**- No steps due this week**

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

**Grading Scale**:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

Syllabus Quiz

Open on Canvas to work on during Week 1. Due Week 2. 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. They are not timed.

## Participation –Total Weekly Steps (75%)

* Students are required to achieve a weekly total of “**steps**” as recorded by the Movband5. (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 using the EngageMoves M5 app.
* **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 number of steps synced correlates with the number displayed on your device. If it does not correlate, contact Engage customer support (**[support@engagemoves.com](mailto:support@engagemoves.com)**) for advice, 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 customer support (**[support@engagemoves.com](mailto:support@engagemoves.com) **). An unreported malfunctioning Movband is not an excuse for missing activity.**

## Final Exam/Course Survey

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

## \*\*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 Movband5 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 & SETUP**

Please follow these steps for Movband Registration:

1. Purchase your Movband5 using the following link: <https://dhsgroup.myshopify.com/discount/War%2520Eagle?redirect=%2Fproducts%2Fmovband-5>
2. Download the **Engage Moves M5** 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 **sect1sp22. Please note: invite codes are case sensitive! All letters should be typed exactly as shown.**
4. 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 Engage Moves M5 app or are taking Active Auburn for a 2nd time)

* 1. Go to the Engage website login page by following this link: [Engage Login](https://dashboard.movable.com/education/sign_in/form)
  2. Choose “sign in” and enter your credentials.
  3. From the dropdown menu under your name, choose “my account.”
  4. On the left-hand side of the screen choose “groups.”
  5. You will see a box to type in your invite code.
  6. Type in **sect1sp22** and click “Join Group.” Please make sure to type in the code EXACTLY as it has been given to you.
  7. You should then see your group listed on this same page.

**Movband 5 Quick Start Guide**

|  |  |
| --- | --- |
| **Movband5 Quick Start Guide**    **Need Help?** Contact [support@engagemoves.com](mailto:support@engagemoves.com) | |
| **Charge your Movband5.**   1. Remove the wristband on the side with the home button (small rectangle).      1. Plug the device into any USB charging port.      1. The device will buzz and display the battery icon if plugged in correctly. 2. Fully charge the device (1-2 hours). | |

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| **Download the Engage Moves M5 App.**  **Search Engage Moves M5 in the App Store or Google Play.**  **\*Requires iOS 9.0 Android 4.4 and newer version.** |

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| **Create Account & Connect your Movband5.**   1. Use the App to create an account and join your group with your invite code. 2. Login to your account and allow the device to pair to your phone and allow notifications. 3. Press the blue Connect Device button.  1. You may need to drag down on the device screen a few times until the device appears. |

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| **Connect Device: Successful Connection:**    **Drag down from the top**  **of the screen to connect device.** |

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| **Get Moving & Sync!**   1. Once connected, wear your device for 30 minutes. 2. Sync by closing, then re-opening the App or just drag down on the home screen to complete registration and data transfer.   ***NOTE: Your account will only begin tracking activity after your first sync.*** |

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| **Successful Sync**    **SYNC DAILY!**  **The Device will only store 3 days of data.**  **We cannot recover lost data that**  **was not synced.** |

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| --- |
| **Movband5 disconnected?**  1. Go to Bluetooth settings on your phone.  2. Forget the device.  3. Open the App, and reconnect it on the  Device tab.  **NOTE: *To avoid possible disconnection, do not logout of the app.*** |
| **Visit** [**engagemoves.com/Movband5**](https://www.engagemoves.com/movband5) **for additional features and troubleshooting information.**  **or**  **Email us @** [**support@engagemoves.com**](mailto:support@engagemoves.com) |

* **The Movband5 is the ONLY device permitted for use in this class. Third party devices (Apple Watch, Fitbit, etc.) are not approved devices for Active Auburn.**
* **A smartphone (Android 4.4 or iOS 9 or greater) is required to register and sync the Movband5. Therefore, you NEED a smartphone to participate in this course.**
* **You will also need to download the latest version of the EngageMoves M5 app on your smartphone. This app will be what you will use to sync your steps to the Engage dashboard, which will allow your instructor to see your data and assign your grade each week.**

## TIPS FOR USING YOUR Movband 5:

1. **Thoroughly read and familiarize yourself with the Movband5 Quick Start Guide!**
2. Make sure you have the most updated version of the **Engage Moves M5** app used to sync your band.
3. Sync daily and verify the number of steps! This ensures that your Movband is recording your steps properly so you will receive credit appropriately.
4. Charge your Movband5 every 3-5 days. You will be able to see your remaining battery life on your Movband5 screen.
5. If your Movband malfunctions, YOU are responsible for contacting your instructor AND Engage customer support ([support@engagemoves.com](mailto:support@engagemoves.com) ) for support and troubleshooting immediately. An unreported malfunctioning Movband is not an excuse for missing activity.
6. Selecting “Custom Range” on your computer dashboard will allow you to look at steps for “This Week”, as opposed to the default monthly total.
7. Make sure you choose “steps” as opposed to “moves” from the dashboard drop-down menu when evaluating your goals on the Engage website.
8. 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.

# 7. 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 document.

## 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.

# D. 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.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Instructional Contingency Plan**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), 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. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

***This syllabus is a working document; the instructor reserves the right to modify or alter the syllabus throughout the semester.***