PHED 1393: Weight Management

**College of Education | School of Kinesiology**

A picture containing sky, outdoor, nature, city

Description automatically generated

To view the list of assignments, you can click the **Jump to Today** link in the top right corner of this page.

 This page is printer-friendly.

Course Description

PHED 1393 Weight Management will provide you with the nutrition and exercise concepts associated with maintaining healthy weight.

**Prerequisite: None**

(Credits: 2)

Course Objectives

Upon completion of the course, students should:

* 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 and engage in healthy eating behaviors.
* Participate in exercise appropriate for the individual.
* Understand other factors that may contribute to weight management long-term.

Materials and Resources

All materials and instructional resources will be delivered through Canvas. There is no additional textbook for this course.

Online Student Learning Expectations

All students in this course are expected to have all the equipment and software needed to be successful in the course.

All students are expected to contribute to their own learning as active and well-prepared participants. Weekly modules will provide various opportunities for reading, reflection, applied experiences, collaboration, and writing. Since these activities are woven through the entire week and generally do not require your “electronic presence” at any particular time or day, there should be no need to "miss" class. You should plan on spending the same amount of preparation and “in class” time on this course as you would if you were taking the course face-to-face.

* [Logging On](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_0_content)
* [Posting Responses](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_1_content)

The learning activities for each week are carefully sequenced and offered in small chunks so you can accomplish reasonable amounts throughout the week. You should log on to the course website regularly to work through course materials and participate in course discussions.

Course Structure

The course will follow this general pattern:

* At the start of each module, students will view the module overview video and review the module At A Glance page.
* Throughout each module, students will study the content on the course lecture pages, being sure to view any videos provided on the page.
* At the end of each module, students will complete a module quiz.
* Throughout the course, students should complete and submit their exercise and fitness logs weekly.

**The syllabus is subject to change at the discretion of the class instructor. Students will be notified in a timely manner of any syllabus changes via email.**

OUTLINE OF COURSE

This course will be broken up into six modules. The following outline presents the topics to be covered in each module.

* + Fitness and Exercise
  + Nutrition
  + Stress
  + Sleep
  + Managing the Scale
  + Implementing Your Plan

Assignments and Projects

* [Quizzes](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_2_content)
* [Nutrition Logs](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_3_content)
* [Fitness Logs](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_4_content)
* [Reflections](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_5_content)

Quizzes will be conducted online via Canvas. All quizzes will 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 Canvas to answer the quiz questions. You may NOT work together to complete the quizzes.

*You will also have a short quiz on the Introduction and the syllabus to ensure understanding and clarify any questions.*

 A complete list of assignments and due dates is posted on the Assignment page.

 You can also view assignments by accessing your **Calendar.**

Grading and Evaluation

Achievement in this course will be assessed through completion of the following activities:

|  |  |
| --- | --- |
| Assignment Type | Points |
| Nutrition Logs (10) | 100 |
| Fitness Logs (10) | 100 |
| Reflections (12) | 100 |
| Quizzes (6) | 100 |
| **Total** | **400** |

GRADING SCALE

Grades are determined on straight percentages as follows:

|  |  |  |
| --- | --- | --- |
| Letter | Points | Range |
| A | 360 - 400 | 90%+ |
| B | 320 - 359 | 80-89.9% |
| C | 280 - 319 | 70-79.9% |
| D | 240 - 279 | 60-69.9% |
| F | Below 240 | Below 60% |

**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.**

At Auburn University, a 4.0 grade scale is used. An A equals 4.0; B, 3.0; C, 2.0; D, 1.0; and F equals 0.0. Students must maintain a 2.0 average GPA in all courses in order to progress in this program. If addition, students must earn at least a D in each individual course in order to earn credit and progress to the next course.

For more detailed information about university grading standards, please refer to information on the following link: [Auburn University Undergraduate Academic Policies on Grades (Links to an external site.)](https://www.auburn.edu/cosam/departments/student-services/academic-policies.htm#grades)

POSTING/APPEALING EXAM AND ASSIGNMENT GRADES

All exam and assignment grades will be posted to Canvas. Students will have five business days from the date that the exam/assignment scores are posted on Canvas to send an email to the instructor requesting grade adjustments on their work. To appeal a grade that you have received, please compose and send an email to your instructor writing out the exam or assignment in question, indicating the answer you submitted, and providing a written justification from the reading/class notes/etc. on why you think your answer is correct.

Once received, the instructor may or may not communicate with you regarding your appeal. Ultimately, the instructor will render a decision. If no appeal is sent to the instructor after five business days, the assignment score is final. Failure to monitor your progress as the semester progresses does not warrant a re-grade on assignments evaluated earlier in the semester. Once the 5-day appeal period has passed, students forfeit their right to have the graded material reassessed at a later date.

Course Policies

* [Late Assignment Policy](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_6_content)
* [Attendance](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_7_content)
* [Make-Up Policy](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_8_content)
* [Professionalism](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_9_content)
* [Course Contingency Plan](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_10_content)

Please pay close attention to the due dates posted on the syllabus. No late assignments will be accepted after the due dates.

Program Policies

* [Academic Integrity](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_11_content)
* [Accessibility](https://auburn.instructure.com/courses/1409791/assignments/syllabus#kl_panel_12_content)

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.

Auburn University has adopted an Honor System proposed by its students and faculty to promote academic integrity and has enacted the following code:

*“We, the faculty, instructors, and students of the (University course here) pledge to fulfill our mutual responsibilities to each other and the academic community at large with honor and integrity in order to build and maintain a climate of respect and trust that will enhance our research, teaching, and learning. We will support the Honor System of the School, and will not tolerate activities that undermine academic integrity.”*

Academic dishonesty is an offense that will be reported to the Academic Honesty Committee. Please refer to the following document for further information regarding academic honesty: [Auburn University Student Academic Honesty Code (Links to an external site.)](https://sites.auburn.edu/admin/universitypolicies/policies/academichonestycode.pdf)

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.