**KINE 4970 SYLLABUS**

**Exercise and Community Health**

**AUBURN UNIVERSITY**

**Summer 2011**

**Dr. Wadsworth**

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**1. Course Number:** KINE 4970

**Course Title:** Exercise and Community Health

**Credit Hours:** 3 Lecture Hours

**Prerequisites:** HLHP 3020

**Corequisites**: None

**2. Text**

* Journal Articles will be available online

**3. Course Description:** Understand interventions strategies to increase physical activity and exercise in community settings.

**4. Course Objectives:**

* Develop an understanding of physical activity as it applies to public health
* Identify public health benefits of engaging in regular physical activity
* Identify and evaluate existing programming for individuals of all ages
* Knowledge of behavioral counseling and strategies to assist in behavior change
* Knowledge of behavioral strategies to enhance exercise in community settings
* Knowledge of techniques to enhance motivation
* Provide best practices for community based exercise interventions

**5. Course Content and Schedule** (PP = PowerPoint; TX = Text)

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| --- | --- | --- | --- |
| Date | Topic | Readings | Assignments |
| 5/19-7/29 | Introduction |  |  |
| 5/19-7/29 | Exercise Basics | PP  Haskell et a., 2007 | Quiz 1  Discussion |
| 5/19-7/29 | Exercise Basics Part II | PP | Quiz 2  Discussion |
| 5/19-7/29 | Physical Activity Programming | PP | Quiz 3  Discussion |
| 5/19-7/29 | What is a community | PP | Quiz 4  Discussion |
| 5/19-7/29 | Exercise Behavior Change Basics | PP | Quiz 5  Discussion |
| 5/19-7/29 | Exercise and Schools: Promoting PA during school | PP  Articles | Quiz 6  Discussion |
| 5/19-7/29 | Exercise and Schools: Promoting PA outside of school | PP  Articles | Quiz 7  Discussion |
| 5/19-7/29 | Exercise and Worksites | PP  Articles | Quiz 8  Discussion |
| 5/19-7/29 | Exercise and other community agencies | PP –  Articles | Quiz 9  Discussion |
| 5/19-7/29 | Exercise and the Future | PP – | Quiz 10  Discussion |

**6**. **Course Requirements/Evaluations**

**The online course is self-paced, meaning you can complete the assignments anytime between 5/19-6/23. Submissions will not be accepted after 6/23 for any reason.**

|  |  |  |
| --- | --- | --- |
| Grading System | Point Value | Description |
| 1) Quizzes | 200 points | Quizzes will be conducted online via Blackboard. Once you open the quiz is open you will have 10-30 minutes to take the quiz, depending on the number of questions. 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. There are no make up quizzes. |
| 2) Case Studies | 100 points | You will be required to complete a case study and review two of your classmate’s case studies. Specific directions are below |
| 4) Online Discussions | 100 points  (9 \* 11.2 points for each discussion) | You will need to complete 9 discussions questions over the course of the semester. Each Powerpoint contains a narration. The narration asks you to discuss certain questions on the discussion boards in Blackboard. There are 10 opportunities to participate in the discussion, meaning you will not participate in 1 discussion. Only the first 9 you participate in will be graded. Grading rubric for discussion boards is below. |

|  |  |  |
| --- | --- | --- |
| Grade | Scale | Point Scale |
| **A** | 100 – 90 | 400 – 360 |
| **B** | 89.9 – 80 | 359.9 – 320 |
| **C** | 79.9 – 70 | 319.9 – 280 |
| **D** | 69.9 – 60 | 279.9 – 240 |
| **F** | Below 60 | Below 239.9 |

**Community Case Study**

**Part A.**

Identify a community agency that has conducted a physical activity program. Write an abstract for the program and present your findings on the Blackboard discussion board. The abstract needs to describe: the purpose of the program, the setting the program applies to, methods used to implement the program, results if available, lessons learned from the program, strengths/weakness of the program and how the program could be adapted for other communities. You will submit your abstract on Blackboard under the discussion boards. As questions are asked of your discussion, you must respond to these questions for up to one week after you submitted your case study.

**PLEASE NOTE THAT ALTHOUGH THE COURSE IS SELF-PACED, I ASK YOU TO SUBMIT YOUR CASE STUDY PRIOR TO 7/1 TO ALLOW FOR STUDENTS TO SUBMIT QUESTIONS AND YOU TO RESPOND. ANY CASE STUDY SUBMITTED AFTER 7/1 MAY RECEIVE A ZERO OUT OF 20 IF QUESTIONS ARE NOT ASKED OF THE CASE STUDY FOR “ABILITY TO RESPOND TO QUESTIONS ABOUT YOUR CASE STUDY”. IF QUESTIONS HAVE NOT BEEN ASKED OF YOUR CASE STUDY, I WILL ASK QUESTIONS PRIOR TO 7/1.**

**Part B.**

Choose two of your classmate’s case studies to review. Post 1-3 questions about the case study. You are graded on the quality of your questions asked.

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| --- | --- | --- |
| **Requirement – Case Studies** | **Potential**  **Point Value** | **Actual**  **Point Value** |
| Abstract | 60 |  |
| Ability to respond to questions about your case study | 20 |  |
| Ability to respond and ask questions of classmate’s case study | 20 |  |
| **Total** | 50 |  |

Grading Rubric for Online Discussions

|  |  |
| --- | --- |
| **Heading** | **Point**  **Value** |
| 1. Completed all parts of the discussion or activity | 2.8 |
| 1. Quality of response | 2.8 |
| 1. Ability to incorporate material from text and notes | 2.8 |
| 1. Ability to apply information to real world settings | 2.8 |
|  | **11.2** |

**7**. **Class Policy Statements**

* **The online course is self-paced, meaning you can complete the assignments anytime between 5/19-6/23. Submissions will not be accepted after 6/23 for any reason.**
* You can view your grades accumulated throughout the semester on Blackboard. 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.
* If you are a student with a documented disability and need accommodations please arrange a meeting during my office hours or send an e-mail to schedule a meeting. Please bring a copy of your accommodation memo and an instructor verification form to the meeting. If you do not have an accommodation memo but need accommodations, make an appointment with the Program for Students with Disabilities, 1244 Haley Center, 844-2096.