

**Auburn University**  
**Department of Kinesiology**  
**PHED 1300/ Section 002/Summer 2011**  
**Fitness & Conditioning: Strength and Flexibility**

**Instructor:** Khalil Lee  
**Class Time:** M-F 3:30-5:00  
**Location:** Memorial Coliseum 2093

**Email:** kal0017@auburn.edu  
**Office:** Memorial Coliseum 2118  
**Office Hours:** M/W/F 11:00-12:00  
\*or by appointment

**Physical Activity Wellness Program Coordinator:**  
Dr. Jared Russell; russej3@auburn.edu

**Course Objective:** This course is designed for students to enhance their physical fitness by improving muscular strength and flexibility through performing various training exercises.

**Dress Code & Conduct:** Flat athletic shoes (preferably stable, cushioned running shoes) and athletic clothing (shorts, t-shirts, sweats, etc.) must be worn at all times. Street clothes (jeans, dresses, hats, etc.), clothing with rivets or buckles, heavy jewelry, shoes with open toes or heels, boots, etc. are unacceptable. Dress appropriately for the weather conditions. The use of electronic devices (e.g. cell phones) is also prohibited during class time. Students who fail to meet the aforementioned requirements will not be allowed to participate and will lose points for the day.

**Attendance: *Physical Activity and Wellness Program (PAWP) 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. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student's final grade per absence. Once a student has accrued five (5) 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 or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University's policy concerning class attendance and excused/unexcused absences); and
- b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor's timely knowledge and approval. Arrangements to make up

missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor's discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University's policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

**Grading:**

*Participation:	45 points
Syllabus Quiz:	5 points
Project:	10 points
Fitness Assessments (2):	30 points
Final Exam:	10 points
Total possible:	100 points

*\*To earn the participation points students MUST attend class (on time), dress appropriately, and effortfully take part in the activity for the entire class duration.*

**Grading Scale** (Final grades will be based on the following point system):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

**Statement of Student Accommodation:** Students who need accommodations are asked 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. 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 (V/TT).

**Medical Considerations:** If you have a condition that may affect your participation in this class (diabetes, epilepsy, heart murmurs, knee or back injuries, etc.) please notify the instructor promptly in private. Students will be required to complete a Health Status Form and a Health Referral Form if you have any known health problems.

**Important Dates:**

May 19 <sup>th</sup>	First Day of Class
May 25 <sup>th</sup>	Last day to withdraw from course with no grade assignment
June 6 <sup>th</sup>	Last day to withdraw from course with no grade penalty
June 22 <sup>nd</sup>	Last Day of Class

*\*The above content, schedule and procedures in this course are subject to change at the discretion of the instructor.*