**Auburn University**

**Department of Kinesiology**

**PHED 1200 – Section 007 – Summer 2012**

**Course: Walking**

**Instructor**:  Bridget Peters                                 **My Office**: Memorial Coliseum Room 2130

**My Email**: bap0019@auburn.edu                       **Office Hours**:  Walk In and/or by appointment

**Class Time:**MTWRF 4:00-5:29 PM                     **Credit Hours:**2

**Secondary Contact/PAWP Coordinator**: Jared Russell, PhD, russej3@auburn.edu

**Course Objective:**PHED 1200 is a course designed to personalize an appropriate walking program, by including instruction concerning the benefits of fitness walking, clothing, equipment safety, correct walking technique and fitness components. The goal of this course is to teach the basic concepts in walking as a fitness activity.

 **Texts or Major Resources:**

This PHED course will utilize an on-line e-textbook *(McGraw-Hill Tracking Portal)*. You must purchase a code from the bookstore or on-line, if you prefer. The *Tracking Portal*e-textbook contains all the course content, assessments and behavior change activities for the PHED course that you are teaching. IF YOUR COURSE does not require this e-textbook your instructor will notify you. Below are instructor and student instructions.

Once you purchase the code, follow the directions provided below and register for your class by**Monday, July 9, 2012.**

***Instructions for logging into the Tracking Portal:***

1. Log onto http://mhlearningsolutions.com/Auburn\_health/login.php

2. Click on student registration

3. Complete registration information. A course code will self-populate at the completion of registration.

a. **BE SURE TO INPUT THE CORRECT CODE FROM YOUR INSTRUCTOR TO ENSURE YOUR GRADES ARE CORRECT**

 b. The card code will be on the card you purchased from the bookstore.

4. On the left tool bar are 6 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, and conceptual core: **Cardioresp Fitness: Walking Fit - 14403- PHED 1200 - 009**.Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester. \*\***All portal assignments will be due at the mid-semester mark. This counts as 30% of your grade. \*\***

5. At the top of the page you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.

6. Please log onto and register by **Monday, July 9, 2012.**

**Proper Attire/Equipment:**Proper attire includes athletic shoes, t-shirts, and athletic shorts/pants. “Street clothes” are not acceptable clothing and if worn will result in an absence and loss of points. If you have any question about what is acceptable please ask me.

**Attendance:** Attendance is required and will be taken at the start of every class, every day.

**Participation:** Participation in the daily activities is required. Proper attire is also required every day. Failure to wear proper attire, showing up more than 5 minutes after the start of class, behaving inappropriately, etc. will result in an inability to participate for the day, thus resulting in lost participation points.

 **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:

1. 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
2. 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 theAuburn Bulletin.

**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).

**Electronic devices:** Please turn off your cell phones before coming to class. If you are expecting an important phone call, please let me know before the class begins.

**Quizzes/Assessments:** Quizzes and assessments will be given throughout the semester to assess knowledge and progression. All quizzes and assessments will be announced ahead of time. Reminder: The **portal assignments are a total of 30% of your final grade** and are due by**Wednesday July 25, 2012**.

**Final Exam:** A final exam (non-cumulative) will be given at the assigned time during finals week according the university website. This date is set now for **Monday, July 30 ,2012 from 12:00 (Noon)-2:30pm.** This date is subject to change so please check the university website closer to finals time.

**Missed Exams/Assignments:** Students who miss class without a University approved excuse will be given a zero for the work required for that day, including missed exams, quizzes, and assignments. If you know that you are going to miss class, please contact me ahead of time.

**E-mail:**Tiger Mail is the official means of communication for Auburn University.  The instructor will communicate with the class through Tiger Mail.  You are responsible for this information, so please check your account regularly.

**CONTINGENCY PLAN** If normal class and/or lab activities are disrupted due to a high number of students experiencing illness or an emergency or crisis situation (such as a widespread H1N1 flu 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. Additionally, course content and assignments may be made available to you via Blackboard.

**Honesty Code:**The University Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating and Plagiarism will apply to this class. See the Student Academic Honesty Code section of the Tiger Cub for more details.

**Course Objectives:**

**The student will:**

1. Be able to perform basic motor skills and techniques of fitness walking.

2. Become familiar with fitness walking tests.

3. Gain knowledge about beginning a walking program safely.

4. Identify and determine target heart rate zone, rate of perceived exertion.

5. Be able to monitor their heart rate (HR)

6. Be able to describe the benefits of fitness walking on a written test.

7. Display a basic knowledge of flexibility.

8. Be able to identify and discuss fitness components

**Grading Scale/Policy:**

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| --- | --- |
| **Assignments** | **Percentage** |
| **Attendance/Participation** | 5 |
| **Syllabus Quiz** | 10 |
| **Activity Log** | 30 |
| **Online Portal** | 30 |
| **Midterm Exam / Final Exam** | 25 |
| **Total Percentage** | 100 |

**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

\*To earn the participation points students must attend class, dress appropriately, and take part in the activity.

\*A final grade for this course will be provided only upon completion of all required course assignments, i.e. quizzes, exams, portal assignments and attendance/participation

**Important Dates:**

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| **Monday, June 25, 2012** | **Classes Begin** |
| **Wednesday, July 4 , 2012** | **Independence Day  (Holiday)** |
| **Friday, July 27, 2012** | **Class End** |
| **Wednesday, July 25,2012** | **Portal Assignments Due (Midnight)** |
| **Saturday, July 28, 2012** | **Reading Period** |
| **Monday, July 30 ,2012** | **Final Exam** |

**\*Schedule is subject to minor changes; you will be notified in advance if changes are made.**