

Auburn University
Department of Kinesiology
PHED 1003/ Section 002/ Summer 2013
Active Auburn
Instructor: Kara K Palmer
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Location: Recreation Center

Office Hours: by appointment (send an e-mail to set-up a time)

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

Course Objective

Students will be exposed to different types of fitness activities options offered on campus while increasing their fitness level.

Student learning outcomes

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 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 on Auburn's campus.
- H. Report future interests and goals for physical activity engagement.

Course Description

Throughout this course, students will learn basic concepts associated with the development and maintenance of physical activity, as well being exposed to the different fitness opportunities offered on the Auburn University campus while engaging in health-promoting and wellness activities.

Required Text:

Course Content Outline

McGraw Hill on-line Text and Tracking portal for Active Auburn course (available at Auburn Bookstore)

For distance education students the following technologies will support the distance learning delivery.

Specifically

- 1) Timely and appropriate interactions between teacher and students will occur primarily though the McGraw Hill On-line Text and Tracking Portal, as well as the Auburn University e-mail system. The instructor will be available for office hours each week and students may contact the instructor via e-mail.
- 2) Students will engage in each week's content (reading material and assignments asynchronously)

The following activities for the portal (online quizzes) are a suggestion on when you should be doing them – **Online portals are due on June 21st** - No extension will be given!

Course Requirements

This course has two different components: an online component and weekly attendance of group fitness classes at the Auburn Students Activity Center. The online course work will be completed through the Auburn Portal System. Five modules will need to be completed. All modules will open the first day of classes and will remain open for the entire 5 weeks. The second component of the course is attending group fitness classes. You will be required to attend at least 16 classes throughout the semester. You will have 5 weeks to attend all 16 classes. Each Friday, you will turn in participation card to show your group fitness attendance. **All work is due by June 21st.**

Modules to complete

Exercise Vocabulary

Readings: Complete Module 1 (Exercise Terms) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 1;

Visit the campus recreation and intramural facility (or a fitness facility if you do not live in the Auburn area) and purchase a group instruction pass.

Health benefits of engaging in regular physical activity

Readings: Complete Module 2 (Health Benefits) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 2; Acquire the AU Campus Recreation and Intramural (or fitness facility if you do not live in the Auburn area) schedule for the current term, and identify at least 3 group fitness classes/sessions per week you plan to attend.

FITT principles

Readings: Complete Module 3 (FITT Principles) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 3

Behavioral change strategies

Readings: Complete Module 4 (Behavioral Change) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 4;

Preparing and recovering from exercise

Complete Module 5 (Preparing and recovering from exercise) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 5

Online Portal Instructions:

1. Log onto http://mhlearningsolutions.com/Auburn_health/login.php
2. Click on student registration
3. Complete registration information.
 - a. The card code will be on the card you purchased from the bookstore.
4. Click on PHED 1003-002 Active Auburn
5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: Active Auburn. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.
6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress. This section is recommended but will not count towards your grade.
7. 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.
8. Please log onto and register by 5-16-13.

Active Auburn Participation Card

Each week you will turn in a completed participation card. Weeks will start on Friday and end on Thursday night. All card need to be turned in to my office (Kinesiology building 0035) before 12:00 pm (noon) Friday. Any cards turned in late will receive a point deduction. You will turn in 5 cards throughout the summer.

Week	Due Date
1	5-24-13
2	5-31-13
3	6-7-13
4	6-14-13
5	6-21-13

Attire and Conduct: A water bottle and towel are recommended. Students must wear athletic clothing such as shorts and a T-shirt, sweats, and other standard athletic garments. Sports bras or garments that expose the midriff will not be allowed according to University policy. “Street clothes” such as jeans will not be allowed for your safety. There will be no exception to the dress code policy. Students who violate any of the rules and regulations of the class will not be allowed to participate and will be marked absent for the day. Failure to meet these expectations can result in lowering of the letter grade or possible failure of the class.

1. Quizzes (50 points) will be conducted online via McGraw Hill on-line text and tracking portal. Quizzes will be open for one week based on the syllabus outline. Each quiz is timed based on the number of questions (2 minutes per question.) Notes and books may be used to answer the quiz questions; however, students cannot work together. To prevent this, quiz

questions are randomly selected from a database. All quiz questions are generated from the on-line text.

2. Group Fitness Instruction Sessions Participation (40 points) - Students will be required to attend 16 group fitness instruction sessions during the mini term. **(Students must complete 16 sessions to receive the total 40 points and a passing grade for this course.)** Students will be provided participation cards and will turn in 1 coupon into the instructor each time a student attends a group fitness session.

3. Final Evaluation of Experiences (10 points) - Students will complete an on-line (Blackboard) evaluation of their exercise experiences.

Graded Assignments

- ☐ 5 announced Quizzes (10 points each) = 50 points
- ☐ Final Evaluation of Experiences = 10 points
- ☐ Group Fitness Instruction Sessions Participation = 40

➤ Total possible points = 100

Grading Scale

A = 100 – 91

B = 90 – 81

C = 71 – 80

D = 61 – 70

F = Below 61

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 University Student Policy eHandbook*. The URL is www.auburn.edu/studentpolicies.

Accommodation Statement

"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)."