

**Auburn University
Department of Kinesiology
PHED 1003 Active Auburn
Summer Session II 2013**

Instructor: Hillary Plummer

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Office Location: 109 KINE

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

Tracking portal for Active Auburn course (available at Auburn Bookstore)

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

Online portals are due on July 29th, 2013 - No extension will be given!

Distance Learning Statement:

This class will be taught exclusively through and electronic/ distance learning format, utilizing the online portal. This design was chosen because it allows for timely and appropriate interactions between instructors and students while increasing the flexibility of a student's schedule. TigerMail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for checking your email frequently for class announcements.

Tentative Schedule

Week 1 - 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. Begin My Activity Planner.

Exercise 3 times this week for 1 hour.

Week 2 - Health benefits of engaging in regular physical activity

Readings: Complete Module 2 (Health Benefits) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 2; **Exercise 3 times this week for 1 hour.**

Week 3 - FITT principles –

Readings: Complete Module 3 (FITT Principles) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 3; **Exercise 3 times this week for 1 hour.**

Week 4 - Behavioral change strategies –

Readings: Complete Module 4 (Behavioral Change) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 4; **Exercise 3 times this week for 1 hour.**

Week 5 - Preparing and recovering from exercise – Complete Module 5(Preparing and recovering from exercise) of the Tracking portal for Active Auburn course.

Activities: Complete Learning Objective Activity for Module 5. **Exercise 3 times this week for 1 hour.**

July 29th is the due date for all 5 modules (quizzes) in the online portal.

- *** Students exercise 1 hour, 3 times a week for 5 weeks.
Each week you will be required to submit a brief write up**

**of the exercise that you completed for the week to
hplummer@auburn.edu.**

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 1003-003 Active Auburn
5. On the left tool bar are 6 modules: Exercise Vocabulary, Health Benefits, The FITT principle, Behavior change, Preparing and recovering from exercise, & My activity profile in addition to conceptual core which will not be required. 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 will 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 06/22/13.

1. Assessments (50 points) will be conducted online using the class-tracking portal. Each quiz is timed based on the number of questions (2 minutes per question.) 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. Exercise Participation (40 points) - Students will be required to exercise an hour 15 times. **(Students must complete 15 sessions to receive the total 50 points and a passing grade for this course.)** Students will be required to submit a weekly write up detailing the exercise they completed. Weekly write ups should be submitted via email by Sunday at NOON each week.

Exercise may include participating in an aerobic sport (basketball, soccer, ultimate frisbee, lacrosse, swimming, etc), walking, biking, lifting weights, hiking, running, cross-fit, yoga, or fitness classes offered at a gym. Because the Student ACT will be closed during July I will be lenient on what can be counted towards exercise for this course. If you have any questions regarding if an activity you are doing will count towards exercise please email me.

3. My Activity Planner (40 points)- Students will complete the My Activity Profile sections on the class portal. You will not be required to do the My Weekly Exercise Schedule: Pedometer section.

Graded Assignments

- 5 Assessments (10 points each) = 50 points
- Exercise Participation (5 weeks x 3/week = **15 sessions**) (Student must complete 15 sessions to receive credit for this course.) = 50
- My Activity Planner (40 points)

➤ Total possible points = 140

Grading Scale

A = 100 – 91%

B = 90 – 81%

C = 71 – 80%

D = 61 – 70%

F = Below 61%

* Your final grade will be calculated by taking the total number of points you earned and dividing that value by 140*

Student Accommodations:

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in eHandbook 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.

Disability Accommodations: Students who need special accommodations in class are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of class, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by email. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1288 Haley Center, 884-2096 (V/TT).