

**Auburn University
Department of Kinesiology
PHED 1200 – Section 003 – Summer 2013
Memorial Coliseum Concourse 1
Walking**

Instructor: Kip Webster

My Office: KINE 140

My Email: ekh0007@auburn.edu

Office Hours: By appointment

Class Time: MTWRF 9:30 – 10:59 am

Credit Hours: 2

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

Course Objectives:

1. Be able to perform basic motor skills of fitness walking.
2. Become familiar with fitness walking tests.
3. Gain knowledge about beginning a walking program.
4. Identify and determine target heart rate zone.
5. Be able to monitor heart rate (HR)
6. Be able to describe the benefits of fitness walking on a written test.
7. Display a basic knowledge of walking fitness
8. Be able to identify and discuss fitness components

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. Once you purchase the code, follow the directions provided below and register for your class by **Monday, May 20th.**

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:

- 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

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.

Quizzes/Assessments: Quizzes and assessments will be given throughout the semester to assess knowledge and progression. All quizzes and assessments will be conducted online through the use of portal (your textbook). **No late assessments will be accepted.**

Final Exam: A final exam (non-cumulative) will be given at the assigned time during finals week according to the university website. This date is set now for Saturday, June 22nd from 7:00-9:00 pm.

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.**

Contingency Plan: If normal class and/or lab activities are disrupted due to inclement weather, illness, or an emergency/crisis, 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.

Honesty Code: The University Honesty Code and the URL is www.auburn.edu/studentpolicies and Regulations pertaining to Cheating and Plagiarism will apply to this class. See the Student Academic Honesty Code

Class Schedule/ Important Dates:

5/16	First day of class - syllabus; class policies
5/24	Exercise Vocabulary
	Conceptual Core: Walking (Intro. to Walking for Fitness; Walking in Today's World; Walking as an Outdoor Activity; Injury Prevention; Needed Attire)
	My Activity Profile Set-up*
5/31	Health Benefits
	Conceptual Core: Walking (Health Benefits of Walking; Benefits of Different Walking intensities; Benefits of walking vig.; Warming Up and Cooling Down for Walking for Fitness)
6/7	The FITT Principle
	Conceptual Core: Walking (The Underlying Movements of Walking for Fitness; Training Principles for Walking for Fitness)
6/14	Behavior Change
	Conceptual Core: Walking (Lower Body Action, Upper Body Action; Plan your workout; measuring and recording progress)
6/19	Preparing & Recovering from Exercise
	Conceptual Core: Walking (Key Take Home Messages #1-5)
6/19	Writing Assignment Due*
6/19	Last day of class
6/22	Final Exam Due (Conceptual Core: Walking)

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

* *Will discuss my activity profile in class (found on portal):*

Writing Assignment

- 2-3 page summary of walking (incorporating class content into your overall discussion), more details will be provided in class

Dates class will not be held:

- Friday, May 24th
- Monday, May 27th
- Monday, June 10th
- Thursday, June 12th
- Friday, June 13th

Grades	
Participation	40%
Online Assessments	30%
Paper	10%
Exams	20%

Grading Scale	
A	90-100
B	80-89
C	70-79
D	60-69
F	0-59

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)."

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 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: **Cardioresp Fitness: Walking Fit - 18152 - PHED 1200 - 002**. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.
5. The "My Activity Profile" tab allows you to set goals, log your exercise program and track your progress.
6. 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.
7. Please log onto and register by **Monday, May 20th.**