

**AUBURN UNIVERSITY  
SYLLABUS**

**Course Number:** PHED 1220

**Course Title:** Cardio Respiratory: Circuit Training

**Credit Hours:** 2

**Term:** Summer 2013

**Meeting Days/Time:** M/W/F 11:00 AM – 12:15 PM

**Meeting Location:** Student Activities Center 207

**Instructor:** Khalil Lee

**Office Address:** Dept. of Kinesiology (301 Wire Road)

**Email:** kal0017@auburn.edu

**Office Hours:** 9:00 AM – 3:00 PM

**Physical Activity Wellness Program Coordinator:** Dr. Jared Russell; russej3@auburn.edu, (334) 844-1429

**Required Text and Major Resources:**

Canvas: Canvas™ is an online learning management system devised to aid students and teachers in education. It will be used in this course to access assignments, quizzes, exams, grades, and the syllabus. Please become familiar with Canvas as it will be of great importance to your success in this course (<https://auburn.instructure.com>). If you need technical assistance, contact the Instructional Multimedia Group or Office of Informational Technology (<http://www.auburn.edu/img>).

McGraw-Hill Tracking Portal: This course will utilize an on-line e-textbook (McGraw-Hill Tracking Portal). You must purchase a code from the AU Bookstore or on-line, if you prefer. Once you purchase the code, follow the directions provided below..

Instructions for logging into the Tracking Portal:

1. Log onto [http://mhlearningsolutions.com/Auburn\\_health/login.php](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 1220 001 Circuit Training Summer 2013**
5. On the left tool bar are 6 modules: 1 – Exercise Vocabulary, 2 – Health Benefits, 3 – The FITT Principle, 4 – Behavior Change, 5 – Preparing & Recovering from Exercise, and 20 – Conceptual Core: Circuit Training. Each module has an assessment at the end that will count towards your grade this semester. These must be completed by **June 21, 2013**.
6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress. Completion of this specific module will count for extra credit towards your final 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 **AS SOON AS POSSIBLE!**

\*Please note that failure to complete Portal assignments by the specified closing dates will result in no points for the assignment.

**Course Description:**

This course is designed for students to improve their cardiovascular fitness and muscular endurance through performing various circuit training exercises.

- In addition to attending, students are expected to actively participate in all activities throughout the class period. If you exhibit inappropriate behavior you will be asked to

leave the class and will be counted as absent day. Repeated incidents may result in expulsion from the class. Additionally, appropriate dress is required in order to get credit for participation. Appropriate dress includes athletic shoes that are non-marking, athletic shorts or pants, and t-shirt. Cell phones and all electronic devices must be turned off before class. If you are expecting an important call, please let me know before class. If you are working on an electronic device during class, you will be counted as absent.

**Course Dates:**

Week 1

5/20/2013

5/22/2013

5/24/2013 – ACSM National Meeting (class TBD)

- Syllabus Quiz Due

Week 2

5/27/2013 – Memorial Day (no class)

5/29/2013 – ACSM National Meeting (class TBD)

5/31/2013 – ACSM National Meeting (class TBD)

Week 3

6/3/2013

6/5/2013

6/7/2013 – Fitness Assessment #1 (tentative)

Week 4

6/10/2013

6/12/2013

6/14/2013

Week 5

6/17/2013

6/19/2013

6/21/2013 – Mini-Semester I Exam Day (no class)

- McGraw-Hill Tracking Portal Quizzes Due

Week 6

6/24/2013

6/26/2013

6/28/2013

Week 7

7/1/2013

7/3/2013

7/5/2013

Week 8

7/8/2013

7/10/2013

7/12/2013

Week 9

7/15/2013

7/17/2013

7/19/2013

Week 10

7/22/2013 – Fitness Assessment #2 (tentative)

7/24/2013

7/26/2013

Week 11

**Final Exam** – Due by the end of Tuesday, July 30

**Assignments/Projects:**

**Syllabus Quiz (5 points)**

A short quiz will be given, via Canvas, showing proof that students have read and understood the syllabus.

**Skills Assessments (10 points each)**

Two physical assessments will be administered throughout the course to measure performances of physical fitness.

**Online Portal Quizzes (5 points each)**

All six (6) McGraw-Hill Tracking Portal modules (stated on page 1) are to be completed.

**Final Exam (15 points)**

The final exam will be available, via Canvas, for completion beginning Friday, July 26.

**Rubric and Grading Scale:**

* Participation:	80 points
Syllabus Quiz:	5 points
Fitness Assessments (2):	20 points
Online Portal Quizzes (6):	30 points
Final Exam:	15 points
Total possible:	150 points

***\*To earn the participation points students must attend class on time, dress appropriately, and actively take part in class activities.***

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

**Class Policy Statements:**

A. 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 are 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](http://www.auburn.edu/studentpolicies).

**B. Excused absences:** Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required.

**C. Make-Up Policy:** Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

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

**E. Disability Accommodations:** 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).

**F. 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.

**G. Course contingency:** If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, 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.

H. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

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