

**Auburn University  
Department of Kinesiology  
PHED 1230 002 – Jogging  
Summer 2013**

**Instructor:** David Elmer  
**Office:** COLSM 2118  
**Class Time:** MWF 1:00-2:15

**Email:** [elmerdj@auburn.edu](mailto:elmerdj@auburn.edu)  
**Office Hours:** MW 10:00-11:00  
**Room:** COLSM Concourse

**PAWP Coordinator:** Jared Russell, PhD, [russej3@auburn.edu](mailto:russej3@auburn.edu)

\*\*\*The instructor reserves the right to make changes in policies found in this syllabus. You will be notified of any changes that are made.

**AU Bulletin listing:**

**PHED 1230 CARDIO RESPIRATORY: JOGGING (2)** LEC. 1, LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in jogging.

**Course Objective:** To set fitness goals, increase general physical fitness, develop proper running technique, and learn about expected adaptations and the basics of physiology involved in aerobic fitness.

**Proper Attire:** It is recommended that you wear athletic clothing, including tennis shoes, shorts, and t-shirts. The department of Kinesiology is not responsible for any valuables that are lost, stolen, or broken.

**Attendance:** Attendance is required and will be taken at some point during each class period. See attendance policy below.

**Participation:** Participation is required every class period and will factor into your grade.

**Quizzes/Assignments:** There will be quizzes or assignments during the semester, but they will be announced ahead of time. There will be no surprise quizzes.

**Course Outline:**

Week 1 –	Intro to course, Portals
Week 2 – No class Monday (Memorial day)	Easy jogging/walking
Week 3 –	Easy jogging/walking
Week 4 –	Introduce higher intensity training
Week 5 – No class Friday (exam reading day)	Portal assignments due
Week 6 –	Threshold training, hills/stadiums
Week 7 –	Threshold training, hills/stadiums
Week 8 –	Long, slow runs + high intensity training
Week 9 –	Long, slow runs + high intensity training
Week 10 –	Taper, Final

**Grading:**

Portal Assessments: 30%  
Attendance: 10%  
Participation: 40%  
Quizzes/Assignments: 10%  
Final: 10%

You will **not** be graded based on improvement, so don't slack off at the beginning of the semester. Your grade is primarily determined by participation and Portal Assessments.

**Grading Scale:**

>90	– A
80-89	– B
70-79	– C
60-69	– D
<59	– F

**Extra Credit:** Extra credit may be offered at some point during the semester.

**Academic honesty:**

If you are suspected of plagiarizing or cheating, then appropriate action will be taken as listed in the Student Policy eHandbook. [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)

**Instructions for Students**

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 1230 002 Jogging Summer 2013**
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: Jogging for Fitness. 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.
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 **05/31/2013**.

## **#1Physical 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](http://www.auburn.edu/studentpolicies).

## **#2 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)."

## **#3 AU eValue Dates**

Course evaluations: AU eValue's Summer semester evaluation dates are:

- a. Open: TBA
- b. Close: TBA