**AUBURN UNIVERSITY**

**DEPARTMENT OF KINESIOLOGY**

**PHED 1003-SECTION 003 Summer 2014**

**ACTIVE AUBURN**

**Day:** TBD by students

**Time:** TBD by students

**Room:** Auburn Recreation and Wellness Center

**Instructor:** Lorraine Smallwood

**Contact Information:** LLS0017@auburn.edu

**Office Hours:** available by appointment; Kinesiology Building

**Credit Hours:** 2 semester hours

**Prerequisites:** None

**Co-requisites:** None

**Physical Activity Wellness Program Coordinator:**

Dr. Jared Russell  
[russej3@auburn.edu](mailto:russej3@auburn.edu)

(334) 844-1429

**Campus Recreation and Wellness Group Fitness Assistant Director:**

Pam Wiggins

[pkw0002@auburn.edu](mailto:pkw0002@auburn.edu)

(334) 844-0121

**Course Description:**

This course is designed to introduce students to basic concepts and physical activities associated with the development and maintenance physical fitness. Students are given the opportunity to participate in a wide variety of group fitness courses offered by the University, and are free to explore different methods of exercising.

**Student Learning Outcomes:**

Upon completion (and engaged participation) of the course, students should be able to:

1. Exhibit knowledge of proper exercise habits (warm-up, cool-down, hydration, etc.)
2. Define and utilize proper exercise terminology
3. Identify physical fitness opportunities available to them through Auburn University Campus Recreation and Wellness

**Textbooks/Major Resources:**

**Canvas:**

CanvasTM 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>

Contact the Instructional Multimedia Group or Office of Informational Technology for assistance: <http://www.auburn.edu/img>

**Portal:**

This course will also utilize an on-line e-textbook: **The 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 and register for class by **June 25, 2014**.

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. 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 & Recovering from Exercise, and My Activity Profile. Each module (except My Activity Profile) has an assessment at the end that will count towards your grade this semester. The first 5 modules must be completed by **July 7, 2014**. (The modules will be locked after this date and students will not be able to complete them for course credit.)

6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress. Completion of this module will not count towards your grade for this semester, but you are encouraged to use it to monitor your improvements and reach your fitness goals.

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 on and register by **June 25, 2014**.

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

**Group Fitness Class Participation:**

Each student registered for Active Auburn is given an opportunity to choose from the wide variety of group fitness options provided by Auburn University Campus Recreation and Wellness. It is the student’s responsibility to attend at least **THREE** Group Fitness classes per week to receive full credit for the course. There are specific instructions to follow in order to receive credit so it is important to follow them closely.

**To purchase for an Active Auburn Group Fitness pass** (required)**:**

1. Visit <https://recreation.auburn.edu>
2. Click “Sign in” under the Your Online Account heading.
3. Enter your AUAccess username and password in the designated spaces (this is the same login info that you would use to access your tiger*i* and Tigermail accounts). Click the “Sign in” button.
4. On the Welcome page, click the “MEMBERSHIPS” tab near the top of the page. Click on the Group Fitness Pass icon. To sign-in you will need to use your Auburn username and password if you have not already completed this step. Once you sign-in click on either the $50 or $100 dollar option and complete your purchase.
5. Every Active Auburn student must purchase the Group Fitness Pass. (Note: There will no longer be a designated Active Auburn Pass.) The summer pass is $50 for the semester or $100 for three consecutive semesters.

**To reserve a space in a Group Fitness class** (required)**:**

1. We highly recommend you reserve your class time and day. Reserving your class on-line ensures your reservation and saves time when recording attendance. Click on courses and select Group Fitness. You will be able to reserve your class 25 hours in advance of the scheduled day and time.
2. Download a copy of the Summer 2014 Group Fitness Class Schedule, available in the “Files” folder at this Active Auburn course’s Canvas site, or at <https://cws.auburn.edu/CampusRec/cm/GroupFitness/Schedule>.   
   Choose which courses you would like to attend each week based on your personal schedule and interests.
3. Visit <https://recreation.auburn.edu>
4. Click “Sign in” under the Your Online Account heading.
5. Enter your AUAccess username and password in the designated spaces (this is the same login info that you would use to access your tiger*i* and auburn.edu email accounts). Click the “Sign in” button.
6. Select your desired class and click “Add to Cart” to reserve your space in that Group Fitness class at a time you can attend.

If you have questions, please read the Group Fitness FAQ page in the “Files” folder at this Active Auburn course’s Canvas site. If you still need assistance Contact Pam Wiggins, Group Fitness Assistant Director, at [pkw0002@auburn.edu](mailto:pkw0002@auburn.edu).

**Reporting Your Attendance Each Week** (required)**:**

Do this ONLY after you have attended all three Group Fitness classes for the week.

1. Log on to Canvas.
2. Check the “Quizzes” page.
3. Open the “Group Fitness Attendance for Week…” Survey for the week.
4. Follow the directions and complete the survey.

Surveys will be due every Saturday at 11:59 pm. I will check the Campus Recreation attendance registration logs to verify your attendance in the courses you report attending.

**Course Content Outline:**

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| --- | --- | --- |
| **Week** | **Dates** | **Activities/Notes**\* |
| Week 1 | 6/23 – 6/28 | Please become familiar with the Canvas, Fusion, and Portal sites as well as purchase a Group Fit Pass  Group Fitness attendance taken—students must begin registering for and attending at least **THREE** Group Fitness classes per week  **Syllabus Quiz** due 6/25 at 11:59 pm  Register on the **McGraw Hill Portal** website by Wednesday 6/25 |
| Week 2 | 6/29 – 7/5 | Attend at least **THREE** Group Fitness classes  **ALL McGraw Hill Portal Assignments**  **DUE July 7th** |
| Week 3 | 7/6 – 7/12 | Attend at least **THREE** Group Fitness classes |
| Week 4 | 7/13 – 7/19 | Attend at least **THREE** Group Fitness classes |
| Week 5 | 7/20 – 7/26 | Attend at least **THREE Group** Fitness Classes  **FINAL EXAM SURVEY ON CANVAS DUE July 30th** |

\* Activities are subject to change at the discretion of the instructor

**Online Assignments: (Required)**

There will be five (5) modules required from the e-Textbook (Portal). They are:

1 – Exercise Vocabulary (**10** points; to be completed by **July 7, 2014**)

2 – Health Benefits (**10** points; to be completed by **July 7, 2014)**

3 – The FITT principle (**10** points; to be completed by **July 7, 2014**)

4 – Behavior Change (**10** points; to be completed by **July 7, 2014**)

5 – Preparing & Recovering from Exercise (**10** points; to be completed by **July 7, 2014**)

**Participation:**

Approximately three (3) points per Group Fitness class attended (9 points per week; 45 points total). Students must complete the appropriate Survey found on the Quizzes page of the Canvas website to receive credit for their attendance.

**Final Exam:**

The final exam will consist of the course evaluation and a short questionnaire regarding your experiences with Group Fitness classes. (20 points)

**Rubric and Grading Scale:**

Syllabus Quiz 5 points

Portal Assignments 50 points

Participation 45 points

Final Exam (Course Evaluation) 20 points

**Total 120 points**

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = below 60%

**Student 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).

**Medical Considerations:**

If you have a condition that may affect your participation in this class (e.g. 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.

**Class Policy Statements:**

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.

Make-Up Policy: Arrangement to make up a missed major assignment 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 extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy: All portions of the Auburn University student Academic Honesty Code (Title 1.1) found in the Student Policy eHandbookwill 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.

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.

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