**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** PHED 1200-002

**Course Title:** Cardiorespiratory Fitness: Walking

**Term:** Summer 2015

**Day/Time:** MWF 12:00 – 1:15 pm

**Instructor:** Lorraine Smallwood

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm # 020

**Contact Email:** lls0017@auburn.edu

**Office Hours:** Tuesdays 10:00 – 11:00 am or by appointment

**Secondary Contact:** Dr. Sheri Brock, brocksj@auburn.edu

1. **Credit Hours:** 2 credit hours – LECTURE 1 / LAB 2

**Prerequisites:** None

1. **Texts or Major Resources:**

This PHED course will utilize an e-book version of the textbook that will be made available to you in the Canvas site associated with your course. Since you use an e-book in your class, there are a few important things to know up-front:

**DO NOT BUY OR ORDER A TEXTBOOK FOR THIS CLASS**. It will be provided to you in Canvas.

* You will be charged $ 39.50  for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on   June 8, 2015    and will appear as "Bookstore Charges" on the e-bill issued following that date.
* No charge will be made to your account if you drop the class before May 22, 2015.
* You will be able to view the course text in Canvas, and will also be able to view it using the Canvas mobile application.
* For billing questions/concerns, contact Rusty Weldon, Assistant Director of the AU Bookstore, [weldora@auburn.edu](mailto:weldora@auburn.edu).

1. **Course Description:**

Basic concepts and physical activities associated with a walking program by including instruction concerning the benefits of fitness walking, clothing, equipment safety, correct walking technique and fitness components. The goal of this course is to teach the basic concepts in walking as a fitness activity.

1. **Course Objectives:**

After taking this course you will have a working knowledge of training modalities and techniques used in walking for fitness. The student will:

1. Be able to perform basic motor skills and techniques of fitness walking

2. Become familiar with fitness walking tests.

3. Gain knowledge about beginning a walking program safely.

4. Identify and determine target heart rate zone and rate of perceived exertion.

5. Be able to monitor their heart rate (HR).

6. Be able to describe the benefits of fitness walking on a written test.

7. Display a basic knowledge of flexibility.

8. Be able to identify and discuss fitness components.

1. **Course Content: (assignment due dates/exams are in bold)**

Week 1: **Syllabus Quiz - 5/22/15**

Week 2: **Canvas Module #1 - Exercise Vocabulary** – **5/29/15**

Week 3: **Canvas Module #2 - Health Benefits of Engaging in Regular Physical Activity**

**– 6/5/15**

Week 4: **Canvas Module #3 - FITT Principles – 6/12/15**

Week 5: **Canvas Module #4 - Behavioral Change Strategies – 6/19/15**

Week 6: **Canvas Module #5 – Preparing and Recovering from Exercise – 6/26/15**

**Skills Test I**

Week 7: **Canvas Module #6 – Conceptual Core (if applicable) - 7/2/15**

**Skills Test I (if necessary)**

Week 8: **Skills Test II**

Week 9: **Skills Test II (if necessary)**

Week 10: **Final Exam**

1. **Course Requirements / Evaluation:**

Item Percentage

\*Participation 35%

2 Skills Exams 20%

Syllabus Quiz 5%

5-6 Canvas Modules 30%

Final Exam 10%

Total 100%

\*Participation - requires students be present for the entirety of the class, dressed appropriately, and fully take part in daily activities and exercises. Participation will be graded based on instructor observation.

Skills Test I - Week 6 - and if necessary Week 7

Skills Test II - Week 8 - and if necessary Week 9 –

Syllabus Quiz - Week 1 posted on Canvas.

Canvas Modules – see schedule of Course Content for due dates.

Final Exam – A comprehensive written assessment of concepts and techniques used in the course.

Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

1. **Course Policy Statements:**

A. Attendance:

**Physical Activity and Wellness Program 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. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. **Once a student has accrued five 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 and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.**

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. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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 will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

**9. Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. 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.

**10. 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).