Proposal Form For Addition And Revision Of Courses

1. Proposing College / School: Education
   Department: Kinesiology

2. Course Prefix and Number: PHED 1023

3. Effective Term: Fall 2013

4. Course Title: Freshman Fit
   Abbreviated Title (30 characters or less): Freshman Fit

5. Requested Action:
   - Renumber a Course
   - Add a Course
   - Revise a Course

6. Course Credit:

<table>
<thead>
<tr>
<th>Contact/Group Hours</th>
<th>Scheduled Type</th>
<th>Weekly or Per Term?</th>
<th>Credit Hours</th>
<th>Anticipated Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum Hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Repeatability): 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Lecture</td>
<td>Weekly</td>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>2</td>
<td>Lab</td>
<td>Weekly</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Total Credit Hours: 2</td>
<td></td>
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</tbody>
</table>

7. Grading Type:
   - Regular (ABCDF)
   - Satisfactory/Unsatisfactory (S/U)
   - Audit

8. Prerequisites/Corequisites:
   Use "P:" to indicate a prerequisite, "C:" to indicate a corequisite, and "P/C:" to indicate a prerequisite with concurrency.
   R: Only allow Freshmen to take this course

9. Restrictions:
   List specific restriction in space above.
   - College
   - Major
   - Standing
   - Degree

10. Course Description:
   Basic concepts associated with exercise participation, nutrition, stress reduction and proper sleep. Introduction to campus opportunities for health promoting behaviors.

20 Words or Less: exactly as it should appear in the Bulletin

11. May Count Either: Program Type or Program Title

12. Affected Program(s):
   (Respond "N/A" if not included in any program; attach memorandum if more space is required)

13. Overlapping or Duplication of Other Units' Offerings:
   (If course is included in any other degree program, is used as an elective frequently by other unit(s), or is in an area similar to that covered by another college/school, attach correspondence with relevant unit)
   - Applicable
   - Not Applicable
14. Justification:
   To offer freshman the opportunity to learn health promoting behaviors and identify opportunities on campus to engage in these behaviors.
   (Include a concise, yet adequate rationale for the addition/revision of the course, citing accreditation, assessments (faculty, graduate, and/or external) where applicable)

15. Resources:
   Expenses for teaching the course will be covered with the revenue from the tuition. No other resources are required at this time.
   (Indicate whether existing resources such as library materials, classroom/laboratory space, and faculty appointments are adequate to support the proposed addition/revision; if additional resources are required, indicate how such needs will be met; referencing the appropriate level of authorization -- i.e.: Dean -- where necessary; if no additional resources or shifting of resources will be necessary, respond "Not Applicable")

16. Student Learning Outcomes:
   Upon completion of the course, the student will be able to:
   - Students will be introduced to multiple aspects of physical activity and exercise via Campus Recreation’s Rec and Wellness Center orientation.
   - Students will have knowledge of resources available to them regarding fitness, nutrition, and stress management while enrolled at Auburn University.
   - Students will have knowledge of basic skills for physical fitness such as the squat, lunge and push up.
   - Students will have knowledge of self-monitoring techniques and behavior change principles.
   - Students will have knowledge of healthful meal components, mindful eating, goal setting skills, sleep hygiene skills, and stress management skills.
   (State in measurable terms (reflective of course level) what students should be able to do when they have completed this course)

17. Course Content Outline:
   This is a hybrid course (70% distance, 30% in class)
   For distance education students the following technologies will support the distance learning delivery. Specifically 1) timely and appropriate interactions between teacher and students will occur primarily though the McGraw Hill On-line Text and Tracking Portal, as well as the Auburn University e-mail system and the LMS course site (discussion and chat features); the instructor will be available for office hours each week and students may contact the instructor via telephone, e-mail, LMS chat features, or Skype; students will have face-to-face contact with the instructor for the first half of the semester 2) students will engage in each week's content (reading material and assignments asynchronously; students will engage in one physical activity session as a class for the first 8 weeks 3) the technology will allow students to engage with the course content via their personal Internet connection, engage with their peers over LMS and allow for personalized support from the instructor via e-mail. Class meetings will occur for the first 8 weeks of the semester, after which the student will engage exercise on their own timetable.

   Week 1 - Preparing and Recovering from Exercise; Baseline assessments completed in class.
   Readings: Complete Module 6 (Preparing and Recovering from Exercise) of the McGraw Hill on-line Text and Tracking portal for Active Auburn course.
   Activities: Complete Learning Objective Activity for Module 1; Attend class meetings at scheduled time. Visit the campus recreation and intramural facility and purchase a group instruction pass.
   Due: Complete Quiz for Module 6

   Week 2 - Logging Health information; Baseline assessments completed in class.
   Activities: Attend class meeting; Begin logging exercise information.
   Acquire the AU Campus Recreation and Intramural schedule for the current term, and identify at least 1 group fitness classes/sessions per week you
plan to attend.
Due: None

Week 3 - Exercise Vocabulary & Health Benefits
Activities: Complete Learning Objective Activity for Module 1 & 2; Attend 3 sessions per week.
Due: Quiz for Module 1 & 2; Submit Exercise Log through Tracking Portal.

Week 4 - FITT principle
Readings: Complete Module 3 (FITT principle) of the McGraw Hill on-line Text and Tracking portal for Freshman Fit course.
Activities: Complete Learning Objective Activity for Module 3; Attend 3 sessions per week.
Due: Quiz for Module 3; Submit Exercise Log through Tracking Portal.

Week 5 - Behavior Change
Complete Module 5 (Goal Setting, Self-monitoring, relapse prevention) of the McGraw Hill on-line Text and Tracking portal for Freshman Fit course.
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 6 - Behavior Change
Complete Module 5 (environment, social support, outcome expectancy) of the McGraw Hill on-line Text and Tracking portal for Freshman Fit course.
Activities: Complete Learning Objective Activity for Module 6; Attend 3 sessions per week.
Due: Quiz for Module 5; Submit Exercise Log through Tracking Portal.

Week 7 - Nutrition
Readings: Module 7 - nutrition section
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 8 - Stress Reduction
Readings: Module 7 - stress reduction section
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 9 - Sleep
Readings: Module 7 - sleep section
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 10 - Review
Readings: Review Modules 1-6
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 11 - Physical Activity Engagement & Logging
Readings: Review Modules 1-6
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 12 - Physical Activity Engagement & Logging
Readings: Review Modules 1-6
Activities: Attend 3 sessions per week.
Due: Submit Exercise Log through Tracking Portal.

Week 13 - Physical Activity Engagement & Logging
Readings: Review Modules 1-6
Activities: Attend 3 sessions per week. Submit Exercise Log through
## 18. Assignments / Projects:

1. Quizzes (120 points) will be conducted online via McGraw Hill on-line text and tracking portal. Quizzes will be open for one week based on the syllabus outline. Each quiz is timed based on the number of questions (2 minutes per question.) Notes and books may be used to answer the quiz questions, however, students cannot work together. To prevent this, quiz questions are randomly selected from a database. All quiz questions are generated from the on-line text. (Covers all Student Outcomes)

2. Weekly Logging Reports through Tracking Portal (80 points) - Students will complete their weekly exercise, nutrition and sleep log within the on-line text and tracking portal. (Covers all Student Outcomes)

3. Group Fitness Instruction Sessions Participation (100 points) - Students will be required to attend 39 group fitness instruction sessions during weeks 3 - 13. (Students must complete 39 sessions to receive the total 100 points and a passing grade for this course.) Students attendance in group classes are generated by the student swiping their ID card. A class role is then sent to the instructor.

4. Assessments (100 points) - Students will physical assessments at the beginning and end of the course to determine student progress. The grade is based on completion of the physical tests, not outcome. The test include: pedometer step count, sit and reach flexibility test, push-up muscular strength test and sit-up muscular endurance test.

## 19. Rubric and Grading Scale:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Announced Quizzes</td>
<td>120</td>
</tr>
<tr>
<td>Weekly Logging Reports</td>
<td>80</td>
</tr>
<tr>
<td>Group Fitness Instruction Participation</td>
<td>100</td>
</tr>
<tr>
<td>Final Evaluation of Experiences</td>
<td>100</td>
</tr>
<tr>
<td>Total Possible Points</td>
<td>400</td>
</tr>
</tbody>
</table>

**Grading Scale**

- A = 400 - 360
- B = 359 - 320
- C = 319 - 280
- D = 279 - 240
- F = Below 240

(List all components of the course grade -- including attendance and/or participation if relevant -- with point totals for each; indicate point totals and ranges or percentages for grading scale, for S/U grading, detail performance expectations for a passing grade)

## 20. Justification for Graduate Credit:

N/A

(Include a brief statement explaining how the course meets graduate educational standards (i.e.: rigorous standards for evaluation, development of critical thinking and analytical skills, etc.))
POLICY STATEMENTS

Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

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 consult the Student Policy eHandbook for more information on excused absences.

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 absence(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 circumstances, 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 XII) found in the 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.

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, 844-2066 (V/TT).
Approvals

Department Chair / Head

College / School Curriculum Committee

College / School Dean

Dean of the Graduate School (for Graduate Courses)

Assoc. Provost for Undergraduate Studies (for Undergraduate Courses)

Date: 6/10/13

Date: 7/19/2013

Date: 7/22/2013

Contact Person: Robin Martin
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