

University of Georgia
Mary Frances Early College of Education | Department of Kinesiology
Spring 2022 | PEDB 1930E FFL Jogging | CRN: 54674

Instructor: Tyler Skinner

Office: Ramsey 326

Office Hours: MWF 10:00am-11:00am

Email: tls47519@uga.edu

Method of Communication: UGA Email

Textbook: Online and linked via eLC

Additional equipment needed for Fitness Testing: (a) Stopwatch or stopwatch app, (b) Smalls strips of tape, (c) Tape measure or yard stick, and scale and (d) yardstick or piece of string (measure your weight/height).

When sending an email, please include the course name (Jogging or PEDB 1930E) and CRN (54674).

- Students will be contacted via UGA email and should expect to hear from the instructor at least once a week.
 - Emails from students will receive an answer within 48 hours; however, questions related to quizzes or assignments should be sent at least 12 hours before the deadline to receive an answer.
 - Course information can be found in eLC and updates will be posted in the eLC announcements
 - Virtual 'office hours' can be set up by appointment and held through a Zoom meeting
-

Course Description


Instruction and practice of skills and strategy in jogging and acquisition of fitness knowledge. *FFL Jogging* is designed to teach you the fundamentals to jogging, as well as incorporating exercise into your daily life. This class is designed for individuals at any fitness level. Students will be taught the importance of exercise, proper jogging, and exercise routines. Physical activity is a large part of this course, and students will be expected to participate in moderate to vigorous activity as part of the course requirements.

Course Objectives

Upon successful completion of this course:

- Students will demonstrate a basic knowledge of jogging and creating an exercise routine
- Students will gain an appreciation for jogging as a way to exercise and improve overall health in life
- Students will understand the importance of physical activity as it relates to a healthy lifestyle.
- Students will demonstrate their basic knowledge of health-related fitness topics such as aerobic fitness, muscular strength and endurance, flexibility, nutrition, and behavior modification
- Students will design a personal exercise program based on the assessment of their fitness, individual needs, and interests

The ultimate **purpose of this course** is to graduate you from a lower level of physical activity to a Level 5. If you feel you are already at a Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.

- 
- Level 1** Student has no or minimal past experiences with physical activity.
 - Level 2** Student cognitively understands what it takes to perform a physical activity properly and begins to show signs of physically performing the activity correctly.
 - Level 3** Student begins to make connections with practice at the classroom level and attempts to transfer their skills outside the classroom, while adhering to the rules and traditions of the activity.
 - Level 4** Student sees activity as a social activity, which can be engaged in with friends, family, or coworkers for recreational purposes.
 - Level 5** Student views activity as a medium to ultimately enhance their level of physical activity, providing an opportunity to impact others and sustain a healthy level of exercise for the duration of their life.

Required Attire and Equipment

- Athletic clothing and shoes are recommended when performing physical activity. Avoid street shoes, i.e., boots, open-toed shoes, heels, sandals, or dress shoes.
 - It is strongly suggested that students stay hydrated before, during and after physical activity.
 - A Fitbit heart rate monitoring device. Compatible models include Fitbit Inspire HR, Fitbit Charge (NOT Charge 1, Fitbit Versa, or Fitbit Ionic).
-

Course Policies

1. **Academic Honesty:** As a University of Georgia student, you have agreed to abide by the standards as stated by the University Honor Code and Academic Honesty Policy. *"I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others"*. These standards can be found in *A Culture of Honesty*, the University's policy, and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.
2. **Diversity:** Diversity encompasses acceptance and respect. The term "diversity" encompasses differences of culture, background and experience among individuals and groups. Such differences include, but are not limited to, differences of race, ethnicity, national origin, color, gender, sexual orientation, gender identity, age, and abilities, as well as political and religious affiliation and socioeconomic status. The Department of Kinesiology at the University of Georgia embraces a commitment to diversity by modeling for the state and nation, a community of individuals and programs which seek to reduce prejudice, disparities, and discrimination and build a supportive environment for all. More about diversity can be found: <https://coe.uga.edu/directory/diversity-equity-and-inclusion>.
3. **FERPA Notice:** The Federal Family Educational Rights and Privacy Act (FERPA) grants student's certain information privacy rights. See the registrar's explanation at http://reg.uga.edu/ferpa_privacy_act FERPA allows disclosure of directory information (name, address, telephone, email, date of birth, place of birth, major, activities, degrees, awards, prior schools), unless a FERPA Restriction Flag Addition or Removal Request form is submitted to the Registrar's Office.
4. **Mental Health and Wellness Resources:** Many causes can interfere with academic performance. UGA provides **mental health services** to support the academic success of students. **Counseling & Psychiatric Services**, a part of the University Health Center, offers confidential counseling and psychiatric services to help you manage personal challenges that may threaten your well-being.
 - If you or someone you know needs assistance, you are encouraged to contact Student Care and Outreach in the Division of Student Affairs at 706-542-7774 or visit <https://sco.uga.edu>. They will help you navigate any difficult circumstances you may be facing by connecting you with the appropriate resources or services.
 - UGA has several resources for a student seeking mental health services (<https://www.uhs.uga.edu/bewelluga/bewelluga>) or crisis support (<https://www.uhs.uga.edu/info/emergencies>).
 - If you need help managing stress anxiety, relationships, etc., please visit BeWellUGA (<https://www.uhs.uga.edu/bewelluga/bewelluga>) for a list of FREE workshops, classes, mentoring, and health coaching led by licensed clinicians and health educators in the University Health Center.
 - Additional resources can be accessed through the **UGA Mobile App**
5. Students requesting accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation. Students with documented disabilities that affects their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator, so that appropriate accommodations can be arranged.
6. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>

7. **Full participation in physical activity is required (see Participation Policy below).**
 8. The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.
-

Course Requirements

1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course content, quizzes, and assignments will be available through eLC. To access eLC, you need your UGA MyID, as well as a current password.
 2. Students are required to complete the **Clearance for Exercise Participation** and **Waiver for Exercise Participation** quizzes before they can access the course content on eLC. Please note: **ONLY** students with prior medical conditions are required to complete the physician's clearance form.
 3. Students must also complete and score a minimum of **90%** on the **Syllabus Quiz** before they can access the remainder of the course content. Students are also required to complete the conceptual quizzes and must score 80% or more to receive credit. Quizzes only become available once the corresponding chapter link has been visited.
 4. The course consists of an **Activity Component, Conceptual Component, and Assignments** (specifically, physical participation, readings, quizzes, and assignments). All updates or changes to the schedule will be posted in eLC. **It is your responsibility to keep up with changes to assignments.**
 5. Readings, assessments, and assignments are assigned throughout the session and due dates are posted on eLC. **Late assignments will not receive any points. It is your responsibility to keep up with the due dates.**
-

Grading

This course is graded as an “S” (**Satisfactory**) or “U” (**Unsatisfactory**). A percentage system will be used to determine final grades. In this pass/fail course, **an overall of 85/100 is needed to pass (“S”) the course.**

Various components determine a student's final grade. (1) Activity Component, (2) Conceptual Component, (3) Application Assignments, and (4) Buddy Support System. Components are connected and failing parts of one of the components could result in a “U” or Unsatisfactory grade.

Activity Component – 45 Points

Students will use a Fitbit device to track physical activity

Participation Points (in-class) – a minimum of 1300/1500 total minutes are needed to pass.

For specific minute requirements (such as target heart rate zones and intentionality) see eLC.

- 0 Points IF participation is 1299 minutes or less (cannot pass the course)
- 45 Points IF participation is 1300-1499 minutes

Module	Minutes	Points
Fitness Pre-Test	Not applicable	100 points
Module 1 Jogging	100 minutes	100 points
Module 2 Jogging	150 minutes	200 points
Module 3 Jogging	200 minutes	200 points
Module 4 Jogging	200 minutes	200 points
Module 5 Jogging	250 minutes	200 points
Module 6 Jogging	250 minutes	200 points
Module 7 Jogging	300 minutes	200 points
Fitness Post-Test	Not applicable	100 points

Conceptual Component – 35 Points

Chapter readings and quizzes can be found in eLC. All quizzes are not available until the chapters have been accessed. Students have **ONE quiz attempt** and must score at least **80%** to receive the points for that particular quiz.

You must score 90% or greater on the Syllabus Quiz to access the chapter links and quizzes. DUE 1/16

Chapter	Quiz	Due Date	Points
Ch. 1 Jogging Activity	Activity Quiz	SUN 1/30	10 points
Ch. 2 Relevance	Relevance Quiz	SUN 2/13	5 points
Ch. 3 Healthy Lifestyle	Healthy Lifestyle Quiz	SUN 2/27	5 points
Ch. 4 Mental Health	Mental Health Quiz	SUN 3/13	5 points
Ch. 5 Fitness	Fitness Quiz	SUN 3/27	5 points
Ch. 6 Nutrition	Nutrition Quiz	SUN 4/10	5 points

5-point Quiz Completion Bonus will be earned if ALL quizzes are completed by SUNDAY 1/30

Application Assignments – 10 Points

Application assignments make a practical connection between the activity and the conceptual components. A student must complete and submit evidence for **TWO** application assignments.

Instructions to the assignments can be found in the Application Assignment module in eLC by clicking the links.

Chapter	Due Date	Points
Ch. 1 Activity Application	SUN 4/24	5 points
Ch. 7 General Application	SUN 4/24	5 points

Buddy System – 10 Points

Students are required to participate in a weekly BuddyCheck and BuddyShare throughout the semester. Detailed instructions can be found in eLC and additional information will be given by the instructor.

- Two discussion posts for each module
- Final Buddy Report **DUE 4/24**

Summary Student Checklist

To pass this course, a student needs 85/100 points.

Point Breakdown

Component	Task	Points
Activity Component	1300-1500 participation minutes	45 points
Conceptual Component	Receive ≥ 80% on 6 quizzes	35 points
Application Assignment	Complete 2 application assignments	10 points
Buddy System	Participation and Buddy Report	10 points
Total		100 points

Tentative Outline/Due Dates

Module	<u>Assessments and Assignments</u> (see eLC for specific instructions)	<u>Due Date</u> (EST)
<u>Get Started & First Steps</u>	<ul style="list-style-type: none"> ✓ Complete Start Here module: <ul style="list-style-type: none"> • Take 'Clearance for Safe Exercise Participation' Quiz • Read Syllabus and take Syllabus Quiz (90% needed) • Read about support services ✓ Complete the First Steps Module <ul style="list-style-type: none"> • Post an introduction video • Share, find, and report workout buddy/ies • Complete Pre-Fitness Test ✓ Complete Activity Option module: <ul style="list-style-type: none"> • Read the Using Fitbit Handout • Complete Activity Option & Heart Rate Discussion • Connect Fitbit device to the eLC course (Using Fitbit Module) 	1/10-1/14 Drop/Add SUN 1/16 Syllabus Quiz Due Pre-Fitness Test Due
<u>Module 1</u> 1/17-1/30	<ul style="list-style-type: none"> ✓ Complete First Steps Module: <ul style="list-style-type: none"> • Post an introduction video • Share, find and report workout Buddy/ies ✓ Complete Ch. 1 ACTIVITY reading and Jogging Activity Quiz (Conceptual module) ✓ JOGGING: Track and complete 100 min (>50% HR) 	SUN 1/30 Activity Quiz Due
<u>Module 2</u> 1/31-2/13	<ul style="list-style-type: none"> ✓ JOGGING: Track and Complete 150 min (>50% HR) ✓ Complete Ch. 2 RELEVANCE readings and quiz ✓ BuddyShare & BuddyCheck postings on discussion board 	SUN 2/13 Relevance Quiz Due
<u>Module 3</u> 2/14-2/27	<ul style="list-style-type: none"> ✓ JOGGING: Track and Complete 200 min (>50% HR) ✓ Complete Ch. 3 HEALTHY LIFESTYLE readings and quiz ✓ BuddyShare & BuddyCheck postings on discussion board 	SUN 2/27 Healthy Lifestyle Quiz Due
<u>Module 4</u> 2/28-3/13	<ul style="list-style-type: none"> ✓ JOGGING: Track and Complete 200 min (>50% HR) ✓ Complete Ch. 4 MENTAL HEALTH & WELLNESS readings and quiz ✓ BuddyShare & BuddyCheck postings on discussion board 	SUN 3/13 Mental Health Quiz Due
<u>Module 5</u> 3/14-3/27	<ul style="list-style-type: none"> ✓ Start on Application Assignments (in Module 7) ✓ JOGGING: Track and Complete 250 min (>50% HR) ✓ Complete Ch. 5 FITNESS readings and quiz ✓ BuddyShare & BuddyCheck posting on discussion board 	SUN 3/27 Fitness Quiz Due
<u>Module 6</u> 3/28-4/10	<ul style="list-style-type: none"> ✓ JOGGING: Track and Complete 250 min (>50% HR) ✓ Complete Ch. 6 NUTRITION readings and quiz ✓ BuddyShare & BuddyCheck postings on discussion board 	SUN 4/10 Nutrition Quiz Due
<u>Module 7</u> 4/11-4/24	<ul style="list-style-type: none"> ✓ JOGGING: Track and complete 300 min (>50% HR) ✓ Submit TWO Application Assignments ✓ Submit Buddy Report 	SUN 4/24 Application Assignments & Buddy report Due
<u>Wrap Up</u> 4/25-5/3	<ul style="list-style-type: none"> ✓ Conduct and submit Post-Fitness Test ✓ If needed: Make-up minutes (up to 200 minutes) ✓ Complete online instructor evaluation: https://webapps.franklin.uga.edu/evaluation/ ✓ Remove permission of Fitbit access 	SUN 5/1 Post-Fitness Test Due