



Abraham Baldwin

AGRICULTURAL COLLEGE

A State College of the University System of Georgia TIFTON, GEORGIA

Course Syllabus

Course Name: FITNESS FOR LIFE WALKING
Course Number: PHED 1125
Course Description: This course is designed to provide the student with knowledge of Cardiorespiratory endurance, muscular strength, muscular endurance and flexibility.
Pre-requisites/Co-requisites: None.
Course Learning Outcomes: By the end of the semester students will: <ul style="list-style-type: none">➤ demonstrate the ability to warm-up and stretch properly prior to exercise.➤ calculate their personal target heart rate zone.➤ demonstrate the ability to fitness walk a specific amount of time and/or distance that increases as the class progresses.➤ explain the benefits of walking as a form of exercise.
INSTITUTIONAL ABSENCE A student who serves as an official representative of the college is defined as one who: <ol style="list-style-type: none">1. is authorized to use the college name in public relationships outside the institution;2. regularly interacts with non-college individuals and groups over an extended period of time (at least one semester);3. represents the college as a part of a group and not as an individual;4. represents the college under the direct supervision of a college faculty or staff member; and5. is authorized in writing, in advance, by the President of the college. Such a student is in no way released from the obligations and responsibilities of all students, but will not be penalized with unexcused absences when absences result from regularly scheduled activities in which he/she represents the college. Further, it is the responsibility of each student to contact instructors prior to the absence and to make arrangements to make up any work that will be missed, in a manner acceptable to the instructor. Advisors of activities will schedule off-campus activities in a manner that does not unduly disrupt the learning process for a student.
College Policy on Academic Dishonesty: A. Academic Dishonesty Academic irregularities include, but are not limited to, giving or receiving of unauthorized assistance in the preparation of any academic assignment; taking or attempting to take, stealing, or otherwise obtaining in an unauthorized manner any material pertaining to the education process; selling, giving, lending, or otherwise furnishing to any person any question and/or answers to any examination known to be scheduled at any subsequent



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date; fabricating, forging, or falsifying lab or clinical results; plagiarism in any form related to themes, essays, term papers, tests, and other assignments; breaching any confidentiality regarding patient information.

B. Disciplinary Procedures

1. When a faculty member suspects that a student has engaged in academic dishonesty, the faculty member will contact the Office of the Vice President for Academic Affairs. The Vice President for Academic Affairs will notify the student in writing of the report and will appoint a neutral person from among the faculty or staff to meet with the faculty member who reported the matter and the student(s) believed to have engaged in academic dishonesty. The purpose of the meeting, to be scheduled by the Office of the Vice President for Academic Affairs, will be to provide a facilitated discussion about what may have occurred. The faculty member who reported the matter, the student(s) believed to have engaged in academic dishonesty, and the facilitator are the only participants in the meeting. Audio nor video recordings of these proceedings will be permitted. Following the discussion, the facilitator will submit a form summarizing results of the proceedings to the Office of the Vice President for Academic Affairs.
2. The faculty member and student(s) may reach an agreement about the matter and, if dishonesty is involved, may determine the appropriate consequences. If no resolution is agreed upon, the matter will be forwarded to the Dean of Student Life and Housing, who will convene the Student Judiciary Committee to determine the outcome of the allegation.
3. Guidelines for disciplinary procedures as outlined in Section V of the Student Code of Conduct will be applicable in cases involving alleged academic dishonesty. A written copy of the recommendations by the Student Judiciary Committee shall be sent not only to the student but also to the faculty member who made the allegations of academic dishonesty against the student, to the Vice President for Academic Affairs, and to the President.
4. Prior to any finding of responsibility on the part of the student, the faculty member shall permit the student to complete all required academic work and shall evaluate and grade all work except the assignment(s) involved in the accusation of dishonesty. The faculty member may, however, take any action reasonably necessary to collect and preserve evidence of the alleged violation and to maintain or restore the integrity of exam or laboratory conditions.
5. A student may not withdraw from a course to avoid penalty of plagiarism or other forms of academic dishonesty.

C. Appeals Process

Students have the right to appeal a Student Judiciary Committee hearing recommendation in accordance with the following procedures:

1. Requests for appeals must be submitted in writing to the Office of the Vice President for Student Affairs within five business days of the date of the letter notifying the student of the original decision. Failure to appeal within the allotted time will render the original decision final and conclusive.
2. Written requests for appeals must be specific and detailed as to the nature and substance of the student's complaint and must clearly indicate what action is requested. The written request should specify the grounds for appeal. Judicial



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recommendations may be appealed on the following grounds:

- A violation of due process
 - Prejudicial treatment by the original hearing body
 - New evidence has become available which was not available at the time of the hearing.
3. Appeals shall be decided upon the record of the original proceedings, the written appeal submitted by the defendant, and any written briefs submitted by other participants. Cases will not be reheard on appeal.
 4. If the student is dissatisfied with the decision of the Vice President for Student Affairs, the student may request in writing that the President consider the appeal, but such request must be made within five business days of the Vice President's decision or the Vice President's decision will be considered final and conclusive.
 5. Within five business days of receiving the appeal, the President will either rule on the appeal or refer the appeal to a special Presidential Panel. The Presidential Panel will review all facts and circumstances connected with the case and within five business days make a report of its findings to the President. After consideration of the Panel's report, the President will within five business days make a decision which shall be final so far as the College is concerned.
 6. Should the student be dissatisfied with the President's decision, written application may be made to the Board of Regents for a review of the decision. This application must be submitted within twenty days following the decision of the President. Additional information regarding procedures for appealing to the Board is available in the Office of the Vice President for Student Affairs. The decision of the Board shall be final and binding for all purposes.

If there is a student in this class who has specific needs because of learning disabilities or any other disability, please feel free to contact the instructor.

This is a partial syllabus. More detailed information relating to the class and Instructor will be made available to each student.



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INSTRUCTOR: Holly Lewis
OFFICE: ABAC on the Square

E-MAIL: hlewis@abac.edu
PHONE: 229-891-7235 (ABAC) or 229-873-5359
Leave a text on my phone

CLASS LOCATION: Walking Trail on Lower Meigs Rd.

CLASS TIME: 6:30 P.M. – 7:20 P.M. (FIRST CLASS WILL MEET AT ABAC ON THE SQUARE)

OFFICE HOURS: Tuesday and Thursday: 6:15 pm-6:30 pm or after class at the walking trail.

TEXT: EACH STUDENT IS REQUIRED TO TURN IN ONE SCANTRON FORM TO THE INSTRUCTOR

MATERIALS: Dress: exercise clothes should be worn – shorts, wind pants, sweat pants, etc. NO JEANS!

Tennis shoes or running shoes are appropriate foot wear. ABSOLUTELY NO BOOTS, FLIP-FLOPS OR

SANDALS! YOU WILL BE PENALIZED 10 PTS. FOR NOT FOLLOWING THIS DRESS CODE.

ADDITIONAL MATERIALS: Course syllabus and any additional course resources can be found on instructor's website throughout the semester.

COURSE POLICY ON ATTENDANCE: Students will be allowed **three (3)** absences without penalty. Each absence after the **third (3rd)** will result in the drop of a **FULL** letter grade. The instructor will not distinguish between excused and unexcused absences. **ALL** absences will be counted the same.

In implementing this Policy, the instructor will not include in a student's absences those absences incurred due to authorized and approved College sponsored events (or in the case of joint-enrollment students high-school sponsored events) in which the student represents the institution as part of a group or under the direct supervision of a faculty or staff member.

NO make up of assignments, tests or for missing class will be allowed. If a student misses class on the day there is an abstract due or a midterm exam or final exam the student will not be allowed to turn in the abstract late or take the missed exam at a later date.

A student who stops attending class without officially withdrawing from the course is subject to this attendance policy and will receive a grade of "F" for the course. At the beginning of each semester, instructors will explain clearly to their student's specific attendance requirements (including possible penalties). Withdrawal from the course is the responsibility of the STUDENT. Any student wishing to withdraw from this course after the drop/add period will be required to see their academic advisor to fill out the necessary paperwork. In order to withdraw without academic penalty the student must do so before October 6, 2010.

COURSE WITHDRAWALS: Withdrawing from a course is the responsibility of the student. If a student needs to reduce his/her course load during a particular semester, that student may officially withdraw from a class with a grade of "W", provided he/she takes this action before the mid-point in the semester (see the college calendar). Course withdrawals processed after the "drop" or mid-point deadline will result in a "WF" in the course. The student who wants to withdraw from a course must first see his/her academic advisor for permission to withdraw. At that point the advisor completes a drop form and the student follows the steps outlined on the form and submits it to the Registrar's Office. Official withdrawals can be made only if the student has not already abandoned the course and been dropped from the course with a penalty.

COLLEGE WIDE HARASSMENT POLICY: Sexual or racial harassment in the University System is prohibited and shall subject the offender(s) to the appropriate disciplinary action. A student who feels subjected to any type of harassment should consult the instructor immediately. *Refer to the college catalog and/or student handbook.*



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ABAC'S POLICY ON MIDTERM ADVISORY GRADES: Midterm Advisory Grades will be reported on Banner Web to any student who has a C, D, or an F in any class. The number of class absences will be posted for all students. Advisory grades are not entered on the student's permanent record. Students should note that these grades are advisory and will not necessarily reflect the final grade earned in the course. These grades are intended to provide students with information in order to improve their performance in the second half of the semester. Students are responsible for checking Banner Web when grades and absences have been reported. Students who receive grades should meet with their instructors to develop plans for success in the second half of the semester. Students also should take advantage of study groups and the free tutoring services offered by the Academic Assistance Center (AAC).

CLASS POLICY:

Points will be given daily for punctuality, participation, attendance and proper shoes. Failure to attend class, to participate, wearing the wrong shoes, wearing jeans (see Materials in syllabus) and/or to be on time will affect a student's grade (**10 POINTS WILL BE DEDUCTED FROM A STUDENT'S GRADE**).

Make-ups: NO MAKE UPS WILL BE ALLOWED!

Tardies: Tardiness (entering class after roll call) will result in 10-POINT deduction from the student's participation grade. **Students entering class later than ten (10) minutes after the hour will receive an absence.**

EVALUATION: The grading format for this course will be based on a point system whereby each student earns points based on participation, skill tests, abstracts, and a written final exam.

The following scale will be used to determine the final grade:

TOTAL GRADING SCALE:

A=550-600

B=500-549

C=450-499

D=400-449

F=BELOW 399

Participation (300 points): Students are expected to attend, be prepared, and participate in class. Factors affecting the participation grade include but are not limited to absences, tardiness, improper dress for class, and/or early departure from class. **10 pts will be deducted for each infraction.**

Attendance is recorded at the beginning of each class. Students arriving after attendance has been taken are responsible for informing the instructor at the close of class. **The instructor sometimes walks with the class so it is very important that the student finds the instructor on the walking trail and to find out what the walking assignment is for the day.

If a student is more than 10 minutes late they are considered absent. Students who are absent are solely responsible for obtaining class information from classmates concerning updates and changes.

Remember, if a student is not properly dressed for class this will result in a **10 pt.** deduction from their daily grade.

Skills (50 pts. each; 100 pts. total): A skill tests will be given for a midterm and a final grade. Dates for tests can be found at the end of this syllabus. **DO NOT BE LATE ON THE DAY THAT THE SKILLS TESTS ARE GIVEN. THE TEST WILL START AT 5:10 P.M.**

NO MAKE UPS WILL BE ALLOWED IF A STUDENT MISSES EITHER TEST.

Abstracts (50 pts. each; 100 points total): Abstracts will be assigned on the benefits of cardiorespiratory fitness and subjects related to walking. Due dates can be found at the end of this syllabus. **ABSTRACTS WILL NOT BE ACCEPTED AFTER THE DUE DATE. THEY MUST BE TURNED IN BEFORE CLASS STARTS.**

ARRIVE TO CLASS EARLY THE DAY THEY ARE DUE.

Written Exam (100 points): A written exam will be given on the last day of class covering all information discussed in class and information taken from the abstracts. The date for the final can be found at the end of this syllabus.



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CLASS REGULATIONS:

- **STUDENTS PLEASE LOCK YOUR VEHICLE AND HIDE ANY VALUABLES OUT OF SIGHT IN YOUR VEHICLE. LADIES IF YOU HAVE A TRUNK PUT ALL YOUR VALUABLES IN THERE. THERE HAVE BEEN SOME BREAK-INS AT THE WALKING TRAIL AND IF YOUR VALUABLES ARE OUT OF SIGHT THEN THEY ARE OUT OF MIND.**
- **NO MAKE UPS WILL BE ALLOWED FOR MISSED SKILLS TESTS, MISSED CLASSES, ABSTRACTS OR FINAL WRITTEN EXAM.**
- **NO Profanity**
- **Cell phones**, pagers and beepers must not be on during class and should be out of sight. IF a student's cell phone rings, beeps for a text message, or is seen by the instructor the student will have **20 pts.** deducted from their participation grade.
- **Do Not** leave class without the instructor's permission.
- Remember to dress comfortably and appropriately. **SHIRTS AND SHOES MUST BE WORN.**

CLASS SAFETY:

- All students are encouraged to check with their doctor before starting this class especially if a student has a pre-existing health problem.
- Students you must inform the instructor the first day of class if you have a health problem.
- **DO NOT BEGIN WITHOUT THE INSTRUCTOR PRESENT.**
- **NO food, candy, or tobacco products allowed in class.**
- Students may bring water to stay hydrated.
- Students may bring an MP3 player to listen to while they walk.
- **ONLY STUDENTS WHO ARE REGISTERED FOR THIS CLASS MAY ATTEND. NO CHILDREN, OTHER FAMILY MEMBERS, OR FRIENDS ARE ALLOWED TO PARTICIPATE WITH THIS CLASS. LIABILITY REASONS.**

➤ Parts of the walking trail are uneven please be careful and pay attention while walking during class.

****PLEASE NOTE: STUDENTS WHO DO NOT FOLLOW THE CLASS REGULATIONS AND/OR CLASS SAFETY PROCEDURES WILL RECEIVE A 10 PT. DEDUCTION FROM THEIR PARTICIPATION GRADE.**

***IF A STUDENT NEEDS TO CONTACT THE INSTRUCTOR PLEASE DO SO THROUGH THE INSTRUCTOR'S E-MAIL ADDRESS LISTED ON THIS SYLLABUS.**



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IMPORTANT DATES FOR THIS SEMESTER:

TUESDAY, AUGUST 16 th	FIRST DAY OF CLASS: MEET AT ABAC ON THE SQUARE
THURSDAY, AUGUST 18 th	MEET AT THE WALKING TRAIL
TUESDAY, AUGUST 30 th	SCANTRON FORMS ARE DUE
THURSDAY, SEPTEMBER 22 nd	1 st ABSTRACT IS DUE
TUESDAY, OCTOBER 4 th	MIDTERM SKILLS EXAM/WALKING TIMED TEST
OCTOBER 17 th -18 th	FALL BREAK
THURSDAY, OCTOBER 20 th	CLASS STARTS BACK AFTER FALL BREAK
TUESDAY, NOVEMBER 22 nd	2 nd ABSTRACT IS DUE
NOVEMBER 23 rd -25 th	THANKSGIVING HOLIDAYS
TUESDAY, NOVEMBER 29 th	CLASS STARTS BACK AFTER THANKSGIVING HOLIDAYS
TUESDAY, NOVEMBER 29 th	FINAL SKILLS EXAM/WALKING TIMED TEST
THURSDAY, DECEMBER 1 st	LAST DAY OF CLASS
	<u>FINAL WRITTEN EXAM WILL BE GIVEN ON THE LAST DAY</u>
	<u>OF CLASS</u>