



Physical Education, First Aid, & Civil Defense Course Syllabus & Registration Procedures – Fall 2018-Spring 2019

FND 110 Physical Education
FND 152 First Aid
FND 153 Civil Defense

Course Coordinator: Karen Varagyan kvaragyan@aua.am

Office: 210 Main Building

Office Hours:

Course Description:

University students are required to complete 120 hours of Physical Education, and 40 hours of First Aid and Civil Defense training during their studies. At AUA, Physical Education is scheduled for the first two years, and First Aid and Civil Defense are scheduled during the first year only. **It is the student's responsibility to make sure s/he has fulfilled all requirements. Students must complete these requirements in order to graduate from AUA.**

Students who have completed mandatory military service are waived from the Physical Education, Civil Defense and First Aid requirements.

Physical Examination: Students are required to submit an Annual Medical Report for Physical Education which can be obtained from a local primary health care facility (polyclinic). Students are advised to visit the polyclinic in August to avoid long waiting times and delays. All students who are taking Physical Education must have a Medical Report that is valid and current for the current Academic Year.

Grading:

- All three courses are graded on a Passed (P) / Not Passed (NP) basis, and carry no academic credit or weight on your GPA.
- In order to receive a "P" grade students must have a satisfactory attendance and participation record as determined by the class instructor.
- **Students cannot graduate with an NP on their transcript. NPs must be retaken. Under current AUA policy, student can only retake 4 courses during the entire period of undergraduate study at AUA.**

Important Note: Students who did not fulfill their Freshman year Physical Education requirements **must follow the makeup procedures below**. For further information, please contact Karen Varagyan (kvaragyan@aua.am), Physical Education Coordinator.

Registration:

- All Freshmen and Sophomores must register for Physical Education under FND 110 and choose either
 - Physical Education at AUA Star Gym with a specific pre-determined schedule, or
 - Physical Education
- Students who register for Physical Education **will be automatically registered in Moodle**
- Students who register for Physical Education **must then sign up for one of the options listed on Moodle:** <http://moodle.aua.am/course/index.php?categoryid=34> .
- The AUA Registrar automatically registers Freshman students for First Aid and Civil Defense under FND 152 and FND 153. Students will take 20 hours of First Aid and 20 hours of Civil Defense training delivered online, via Moodle: <http://moodle.aua.am/course/index.php?categoryid=34>

- Other students who have not completed their Physical Education, First Aid or Civil Defense requirements must register for these courses first with the Registrar's Office, then on Moodle. Students who have received an NP must retake the relevant course as soon as possible.
- **Students must successfully complete Physical Education, First Aid and Civil Defense in order to graduate.**
- For further information about the Physical Education courses and registration process in general, and/or questions about specific sections offered at AUA, please contact Karen Varagyan, Phys Ed Coordinator (kvaragyan@aua.am).

Instructions for selecting a FND 110 course option (*not for those who choose Physical Education at AUA Star Gym*):

1. Review the Physical Education course list on Moodle (<http://moodle.aua.am/course/index.php?categoryid=34>) to determine which option fits your preference and academic schedule; all options are 2 hours in duration once per week unless otherwise noted. All course descriptions are provided in their respective Moodle course page.
2. Click on the Moodle link to sign up for your preferred option; section size is limited and if your choice is already full, you will have to choose another option; if a section has fewer than 10 students enrolled, the section will be cancelled and the Physical Education Coordinator will contact you to switch to another section.
3. Prior to starting Physical Education classes, all students must undergo medical screening. As noted above, AUA has arranged medical exams with a Special Clinic. Students must submit their medical report to the Physical Education Coordinator no later than September 20.
4. Exemptions: there are only two possible exemptions from Physical Education courses: 1) medical and 2) extracurricular physical activities, i.e. gym membership, sports practice, etc. Please see the eligibility criteria and application process for exemptions [below](#) and contact the Physical Education Coordinator if you need additional information.

Instructions to make up Missing Grade or No Pass for FND 110:

Students must complete all requirements in order to graduate from AUA.

Students who have a “missing grade” or “NP” on their transcript in their Junior year must bring their academic status on track in order to graduate from AUA. There are two options to make up a missing grade of NP in FND 110

1. Register for and satisfactorily complete one of the following Fall and one of the following Spring Physical Education courses. Please note, with this option:
 - Students will fulfill 60 hours (30 hours per term) of the Physical Education requirement - this is one half of the full requirement of 120 hours.
 - In order to complete the full Physical Education requirement of 120 hours, students must also register for and complete a Physical Education courses in subsequent Fall and Spring terms.
2. Register for and satisfactorily complete two Fall and two Spring Physical Education courses. Please note, with this option students will fulfill their full Physical Education requirement of 120 hours in one academic year instead of two (60 hours per term).

Instructions to apply for exemption from FND 110:

If you have an **eligible exemption** from participating in FND 110 then you **must follow** the procedures outlined below. Eligible exemptions are limited to the following situations:

1. **Medical Exemption:** AUA *may* grant a medical exemption for a medical condition or conditions that prohibit you from participating in Physical Education. The procedure to apply for medical exemption is as follows:
 - a. You must submit a **medical doctor's certification letter** on the doctor or facility's letterhead dated within the past 6 months to the AUA Nurse (room 601 M) by the end of the first week of classes. Please submit the letter in a sealed envelope with your name written or typed on the outside – this is for the purpose of maintaining the confidentiality of your medical information within medical personnel. The letter must contain the following information:
 - i. Your medical condition
 - ii. An explanation of why the condition should medically exempt you from participating in Physical Education courses
 - iii. The time period for this exemption; either
 1. Temporary exemption due to acute illness or injury – the letter must state when you can begin participation, or
 2. Permanent exemption due to chronic or untreatable condition that would exempt your participation in Physical Education throughout your undergraduate academic studies

Please note: If you had a medical reason for not participating in FND 110 courses during the previous academic year, then the letter must clearly state the time period and the medical condition that prevented your participation.
 - iv. Your doctor's contact information
 - b. After receiving your medical doctor's certification letter, the AUA nurse will review the information contained in the letter and make one of the following determinations:
 - i. Accept your medical exemption for the specified time period and notify the Registrar's Office for your academic records
 - ii. Contact your doctor for further information in order to make an informed decision
 - iii. Deny your request for medical exemption based on lack of sufficient rationale – in this case, the student has the right to one appeal, and must submit a written appeal to Karen Varagyan, Phys Ed Coordinator, kvaragyan@aua.am.
2. **Extracurricular Physical Activities (EPA) Exemption:** AUA may grant an EPA exemption to students who participate in an *organized athletic or regular fitness activity at least two hours per week*. Qualifying activities are limited to: 1) team and individual sporting activities with a coach (i.e. soccer, judo, karate, etc.), 2) individual or group fitness activities, (i.e. yoga, weight/fitness training, running, cycling, etc.). (Note: commuting to the university by bicycle or walking does not qualify as exempted activities).

The procedure to apply for EPA exemption is as follows:

- a. You must send an email requesting the EPA Phys Ed exemption to the Phys Ed Coordinator (kvaragyan@aua.am) by the end of the first week of classes – the subject line should read "**EPA Phys Ed Exemption Request**", and contain the following information:
 - i. A brief description of your EPA
 - ii. The amount of time per week you commit to the activity
 - iii. Location where you do your EPA

- b. The Phys Ed Coordinator will review your request and may contact you to request additional information in order to make an informed decision – the Phys Ed Coordinator will make one of the following determinations:
 - i. Accept your EPA exemption request and send you a form to complete to obtain additional information – you will have to complete this form and submit to the Registrar’s Office by the specified deadline on the form
 - ii. Deny your EPA exemption request, and direct you to register for one of the Phys Ed course offerings on Moodle – in this case, the student has the right to one appeal, contact Karen Varagyan, Phys Ed Coordinator for the appeals process at kvaragyan@aua.am or 091-21-24-81.

For further information about the FND 110, 152 or 153 courses, please contact the Phys Ed Coordinator, Karen Varagyan at kvaragyan@aua.am.