



## Physical Education, First Aid, & Civil Defense Course Syllabus & Registration Procedures - Fall 2016-Spring 2017

**Course Codes and Title:** FND 110, 152, 153 - Physical Education, First Aid and Civil Defense

**Credits:** 0

**Course Coordinator:** Karen Varagyan [kvaragyan@aua.am](mailto:kvaragyan@aua.am)

**Office:** PAB 110W 060 612730

**Office Hours:** TBD

### Course Description:

Under Armenian law, all university students are required to take 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 your first year only. For incoming Freshman students, transfer students or others who have not completed this requirement, the First Aid and Civil Defense training will take place during the fall 2016 term. **It is your responsibility to make sure that you have fulfilled all these requirements. If you fail to do so, you will not be able to graduate from AUA.**

**Physical Examination:** You are required to submit an Annual Medical Report for Physical Education.

Please consult with Mr. Varagyan for details about the medical report.

### Grading:

All three courses are graded on a Passed (P) / Not Passed (NP) basis, and carry no credit or weight on your GPA.

In order to receive a "P" grade you must have a satisfactory attendance and participation record as determined by the class instructor.

**If you have an NP on your transcript, you cannot graduate. NPs must be retaken.**

**Important Note:** Students who did not fulfill their Freshman year Physical Education requirements **must follow the make-up procedures below.** If you require further clarifications, please contact Karen Varagyan, the Physical Education Coordinator.

### Registration:

All Freshmen and Sophomores are automatically registered by the AUA Registrar for Physical Education under FND 110, and **it is your responsibility** to sign up on Moodle for one of the options listed:

<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>

Returning students who have not completed their Physical Education, First Aid or Civil Defense requirements must register themselves for these courses (first with the Registrar's Office), then on Moodle. If you have received an NP for any of the Physical Education requirements, you must retake the course.

## Instructions for selecting a FND 110 course option:

1. Review the course list determine on Moodle ([http://moodle.aua.am/course\\_index.php?categoryid=34](http://moodle.aua.am/course_index.php?categoryid=34)) to which option fits your per week preference and academic schedule; all options are 2 hours in duration 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 Phys Ed Coordinator will contact you to switch to another section.
2. Prior to starting Phys Ed, all students must undergo medical screening. For details on the medical screening, please contact Mr. Varagyan. Students must submit their medical report to the Phys Ed Coordinator no later than September 20.
3. 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 Coordinator if you need additional information.

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## 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 Phys Ed. 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 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 your condition should medically exempt you from participating in Phys Ed 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 Phys Ed 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 contact Karen Varagyan, Phys Ed Coordinator for the appeals process at [kvaragyan@aua.am](mailto:kvaragyan@aua.am) or 091-21-24-81.

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 for 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](mailto:kvaragyan@aua.am) or 091-21-24-81.

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If you have further questions or concerns about the FND 110, 152 or 153 courses, please contact the Phys Ed Coordinator, Karen Varagyan at [kvaragyan@aua.am](mailto:kvaragyan@aua.am).