

South Plains College
Department of Kinesiology
SYLLABUS- KINE 1107
Walk, Jog, Run- Online 8 Week Course

Instructor: Ryan Heth

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Office Hours: Please contact through email

Text: Will set up Remind app text messages

Purpose: This course will educate students with the basic knowledge, understanding, and value of a regular program of walking, jogging, and running as a means of promoting total fitness.

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID 19. You don't need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@fall22wj**. You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it. I will use it periodically throughout the summer to remind the class of due dates and other useful information.

Outcomes:

Each student will:

- Recall basic terminology, training principles, and safety guidelines of a WJR program. A written quiz and final exam will measure this objective.
- Recall the knowledge of proper nutrition and its implications for sports performance, physical fitness, and wellness. A quiz and final exam will measure this objective.
- Demonstrate the ability to monitor heart rate during exercise and rest. This objective will be measured by observation of the instructor.
- Recall the procedures to calculate target heart rate zones depending on the individual's age, fitness level, and specific needs. The final exam will measure this objective.
- Discover a WJR activity he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of the instructor.
- Experience a higher level of cardiovascular fitness. This objective will be measured by physical testing.

Course Requirements:

- Text: None
- You are not allowed to use treadmills in this course. DO NOT ASK TO USE TREADMILLS FOR YOUR WORKOUTS.
- This is an online-only course. Usually, we would meet for three face-to-face class days, but since we are still trying to prevent the spread of Covid, we will not meet in person this semester.
- Completing four assigned workouts per week for eight weeks, three tests, sixteen discussion boards are all requirements that will calculate into your overall grade this semester.
- **You will be required to track your workouts through an app using either a phone, watch, or GPS. The specific app you will be required to use will be given to you the first week of class. There are no exceptions to this requirement. If you do not have access to this type of equipment, then you will not be able to take this online class.**
- Participation in all workouts and activities.

Grading Policy

Final grades will be determined as follows:

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|---|--------------------|---------------------------------|
| • Two physical running tests | @ 80 points each - | 160 points |
| • One final exam with a written and physical test | @ 100 points - | 100 points |
| • 16 discussion boards w/ photos of running app results | @ 15 points each - | 240 points |
| | | <u>Total: 500 points</u> |

Final Grade	Point Percentage	Point Total
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

Bi Weekly Course Instructions

Instructions for this course will come from the Course Instruction Tab on blackboard. There are many ways to get to the information you will need, but this is probably the easiest way to navigate the course. **These course instructions will cover everything you need to know for this course from the beginning to the end. If you are ever in doubt, please look at these instructions.**

Course Evaluation:

1. There will be three exam days, in the beginning, middle, and end of the semester, each worth 75-100 points (260 points total; 52 % of your overall grade). These tests will be worth more than your regular weekly workouts. Do not miss these tests, as they will account for up to 50% of your overall grade.
2. **Fifteen weekly discussion board posts about your two weekly assigned walks and/or runs, each worth 15 points (150 points total; 48% of your overall grade)**. Photos of your results attached to your discussion board post from one of the run tracker apps will be required. Thoughts and details in your discussion posts about your runs will be required to receive full credit. I want to know if your walks/ runs are getting more comfortable as the semester progresses, if you're sore from your workouts, what the weather was like and if it affected you, did anyone run with you, how hard did you push your run, and so on. The location of your walks/ runs and whether you will run there again should also be included in these posts. **Multiple Runs are not allowed to be completed on the same day. There are specific instructions that are given to you when you turn your runs in for credit. Not abiding by these instructions will cause you to get a zero for the assignment.** The primary goal for the discussion portion of the course is to "talk" about what you are feeling on your runs, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether you give correct answers but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and on the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)

Be advised – I do not accept late work for any reason.

A student who stops attending AND stops completing assignments, must take the responsibility of contacting the Registrar's Office to drop the class.

I do not drop students for non-attendance. It is your responsibility to initiate the drop process if you decide not to complete the course. Students who stop attending and do not complete the coursework will receive an F at the end of the semester.

PLEASE NOTE: The last day to drop this course is Thursday, December 1, 2022

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disability Statement: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's

responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

Campus Concealed Carry: Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

COVID-19 Statement: If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation