Instructor: Patty Berthot  Phone: 936-468-8493
Office: A-102 Shelton Gym  E-Mail: Berthotpa@sfasu.edu
Course Time and Location: M/W 2:30-3:45, rm. 203 HPE
Office Hours: M/W 9-12:00, T/R 10-11:00

Prerequisites: Each student enrolled in KINE 100 must be designated as a Department of Kinesiology and Health Science Major or Minor. Please note that this course does not count towards the 4 semester hours of physical activity requirement.

I. Course Description:
Physical Fitness concepts & Activities is a two credit course offered by the Department of Kinesiology and Health Science. The purpose of the course is to promote an understanding of physical fitness concepts through classroom discussion, lab experiences, and participation in selected physical activities. Students will have the opportunity to understand the important relationship between physical activity and health-related fitness. Throughout the semester, activities will be utilized to personalize information for each student in selected topic areas.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course links with SFA Initiative #4: Develop a learner-centered environment.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
This course links with SFA’s initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
This course links with SFA’s COE Goal and initiative #4: Teaching and student success.
This course links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.

Program Learning Outcomes:
1. The student will identify and analyze critical components of physical movements.
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.
3. The student will apply knowledge of principles and stages of motor development.
4. The student will demonstrate knowledge of kinesiological principles and content.
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.
Student Learning Outcomes:
Upon completion of this course, each student will be able to:
1. Identify the benefits, principles, and factors affecting the development of cardiorespiratory endurance, muscular strength and endurance, joint flexibility, and body composition. (PLO # 2)
2. Demonstrate an understanding of the general principles of exercise prescription and programming for cardiorespiratory endurance, muscular strength and endurance, joint flexibility, and body composition. (PLO # 4)
3. Develop an understanding of a variety of methods of measurement that can be used to assess cardiorespiratory endurance, muscular strength and endurance, joint flexibility, and body composition. (PLO # 5)
4. Comprehend the relationship between regular physical activity and healthy body composition. (PLO # 2)
5. Demonstrate an understanding of the relationship between regular physical activity and cardiorespiratory disease risk factors. (PLO # 2)
6. Comprehend the basic physiological responses to health-related physical fitness activities. (PLO # 2)
7. Demonstrate an understanding of sound nutritional practices and their impact on health and performance related aspects of physical fitness. (PLO # 2, 5)
8. Demonstrate the ability to differentiate between health and fitness related physical activities and their contribution to healthy living. (PLO # 2)
9. Demonstrate the ability to assess his/her personal fitness through the completion of a variety of health-related physical fitness tests. (PLO # 4, 5)
10. Apply knowledge gained to create a personal fitness program to meet individual fitness goals or deficiencies. (PLO # 4, 5)
11. Meet minimum department performance standards on required fitness tests that include measures of cardiorespiratory fitness, muscular strength and endurance, and joint flexibility. (PLO # 4, 5)

III. Course Assignments, Activities, instructional Strategies, use of Technology:
1. Students will have an opportunity to apply writing skills by composing a written paper as a major assignment.
2. Students will be required to turn in ALL work typed.
3. Students will complete the physical fitness components as required by the Department.
4. Students will complete various homework assignments that will enhance the learning of the topics being covered in class.
5. Students will dress out and engage in physical activity on assigned days.

IV. Evaluation and Assessments (Grading):
90-100=A Exams=60%
80-89=B Homework=15%
70-79=C Fitness Components=25%
60-69=D Total = 100%
Below 60=F
V. Tentative Course Outline/Calendar:
* This schedule is subject to change
Week 1     Orientation
Week 2     Chapter 3 – Personal Fitness
Week 3     Chapter 4 – Hypokinetic Conditions
Week 4     Exam I -Ch. 3&4
Week 5     Chapter 2 - Stress and Psychological Health
Week 6     Chapters 5&6 – Nutrition/Weight management
Week 7     Chapter 5 – Nutrition
Week 8     Exam II -Ch. 2,5,6 and cover Ch. 9
Week 9     Chapter 8 – STI’s
Week 10   Chapter 8- “
Week 11   Chapter 11- Disease
Week 12   Chapter 10- Safety
Week 13   Fitness Components
Week 14   Exam III -Ch. 8-11
Week 15   Dead week, make ups begin (TBA)
Week 16   Final Exams
VI. Readings (Required):
VII. Course Evaluation:
 Near the conclusion of the semester, each student will have the opportunity to evaluate the course. Evaluation data is used for a number of important purposes relating to improving instruction. SFA is committed to excellence in teaching. therefore, your response is critical.
VIII. Student Ethics and Other Policy Information:
Attendance and preparation for class:
 Students are expected to attend and participate in every scheduled class meeting. Students are expected to arrive on time and be dressed appropriately on activity days! Inappropriate attire on activity days will be counted as an unexcused absence.

Unexcused abences and Tardies: The student may incur one unexcused absence for the semester. Subsequent unexcused absences will result in a deduction of 3 points from the student’s final grade. The instructor is under no obligation to provide an opportunity to make up tests, assignments or other missed work. Students arriving after attendance has been taken are responsible for notifying the instructor at the end of the class period or they will be marked as absent. Exceptions will be made for students who miss class for University-sponsored events, verifiable serious illness, or a verifiable family emergency. It is the responsibility of the student to notify the instructor immediately prior to an anticipated absence for a school sponsored trip. One point will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes, the student is considered absent.

Students with Disabilities:
To obtain disability related accommodations and/or auxiliary aids, students with disabilities must contact the office of Disability Services (ODS), Human Services
Building, Room 235, (936)468-3004/ (936) 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided.

**Academic Integrity:**

It is the policy of Stephen F. Austin State University that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with the University regulations and procedures. Discipline may include suspension or expulsion from the University. (See Academic Integrity A-9.1)

Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (2) incorporating the words or ideas of an author into one’s paper without giving the author due credit.

Please read the complete policy at [http://www.sfasu.edu/policies/academic_integrity.asp](http://www.sfasu.edu/policies/academic_integrity.asp)

**Withheld Grades Semester Grades Policy (A-54):**

Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**IX. Other Relevant Course Information:**

**Course Rationale:**

Research indicates that daily health/fitness related behaviors determine the quality and longevity of our life. This course is designed to provide information to create awareness of and motivation toward development of positive health and fitness behaviors. The practice of long-term positive health and fitness behaviors are essential to an individual’s physical, emotional, social, occupational, environmental, intellectual, and spiritual well-being.

**Cell phone/laptops:**

Cell phone use is not permitted during class; this includes texting! Laptops may be used for NOTE TAKING ONLY.

**Acceptable Classroom Behavior:**

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips,
etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

**Professionalism:**
You are working towards a degree to be a professional, so you should look and speak that way. No sagging pants or unprofessional attire!!!

**Insurance:**
It is strongly advised that each student carry health/accident insurance. You are NOT covered by a Departmental or University insurance policy while attending this course.

**Kinesiology and Health Science Policies:**
1. All students enrolled in KINE 100 must complete and pass a health-related physical fitness assessment. It is the policy of the department that all majors meet predetermined performance standards in order to receive a grade for this course.
2. No food, drink, or tobacco products may be brought into classes in the HPE complex.

**Majors Health-Related Fitness Testing:**
All students enrolled in KINE 100 are required to take and pass the health-related physical fitness tests that will be administered during the course. Any student that fails to obtain 17/25 points accumulative score on the components of the health-related fitness test will be allowed the opportunity to make up these components on selected dates at the end of the semester. Please note that the first attempt of each component will stand as your grade. Make ups are only to obtain status as a major/minor in the Kinesiology Department. **Failure to pass all items on the test will result in a grade of WH.** The current passing standards for the health-related fitness test for majors are as follows:
**KIN 100 / 340 Fitness**

**Normative Categories**

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<tr>
<th>Assessment</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
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<tr>
<td>Points</td>
<td>5</td>
<td>4</td>
<td>3</td>
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**1.5 Mile Run** (time)

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<th>Male</th>
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<th>Female</th>
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<tr>
<td>Points</td>
<td>10:08 or less</td>
<td>10:09 – 11:27</td>
<td>11:28 – 12:29</td>
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<td>15:06 – 17:11</td>
<td>17:12 – 25:17</td>
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**Push-ups** (# or full repetitions)

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<tr>
<td>Points</td>
<td>36 or more</td>
<td>35 – 29</td>
<td>28 – 22</td>
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<td>16 or less</td>
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<td>9 or less</td>
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**Curl-ups** (# of 10 cm repetitions at a 50 beat/min pace)

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<tr>
<td>Points</td>
<td>25</td>
<td>24 – 21</td>
<td>20 – 16</td>
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<td>10 or less</td>
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<td></td>
<td>4 or less</td>
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**Sit and Reach** (cm reached using 23 cm flexometer box)

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<th>Female</th>
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<tbody>
<tr>
<td>Points</td>
<td>40</td>
<td>39 – 34</td>
<td>33 – 30</td>
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<td>24 or less</td>
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<td></td>
<td>32 – 28</td>
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**Body Composition** (% fat)

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<th>Male</th>
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<tbody>
<tr>
<td>Points</td>
<td>10.5 or less</td>
<td>10.6 – 14.8</td>
<td>14.9 – 18.6</td>
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<td>18.7 – 23.1</td>
<td>23.2 – 33.3</td>
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<tr>
<td></td>
<td>22.8 – 27.1</td>
<td>27.2 – 38.9</td>
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All assessment protocols and normative categories were derived from the American College of Sports Medicine’s Guidelines for Exercise Testing and Prescription, 8th Edition.

*SYLLABUS IS SUBJECT TO INSTRUCTOR MODIFICATION!*