Kinesiology & Health Science
Kin 110.7 Jogging
Fall 2017

Instructor: Kailee May
Office: Johnson Coliseum 205
Office Phone: (936) 468-4013
Other Contact: (718) 644-7310
Email: maykn@sfasu.edu

Course Time & Location: M/W 1:00 pm – 2:15 pm, Track
Office Hours: M/W 9:30-10:30 or by appt.
Credits: 2

Prerequisites: None

I. **Course Description:** This course is an individual jogging and conditioning program to start the student at his/her present level of fitness

II. **Intended Learning Outcomes/Goals/Objectives:**

   The student will develop knowledge about the benefits of jogging/walking toward a healthy lifestyle. Also, the student will develop knowledge about the benefits of jogging/walking that will promote an interest that extends beyond this course.

   **Student Learning Outcomes:**
   - Students will demonstrate physical skills needed to participate in jogging
   - Students will demonstrate knowledge about jogging
   - Students will keep a journal documenting their participation in jogging and their progress in the class

III. **Course Assignments & Activities**

   - Activity journal/log
   - Basic principles of jogging
   - Design an effective warm-up/cool down and teach the class

IV. **Evaluation and Assessments (Grading):**

<table>
<thead>
<tr>
<th>Attendance/Participation</th>
<th>10pts/day</th>
<th>280</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal</td>
<td>1 per week</td>
<td>70</td>
</tr>
<tr>
<td>Leading Warm-up</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>2 Assignments</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>400</td>
</tr>
</tbody>
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   **Note:** 2 out of class runs (races or fun runs) are worth 40 extra points (20 points each).

V. **Tentative Course Outline/Calendar: ALWAYS MEET AT TRACK/FOOTBALL STADIUM**

   - **Week 1:** M (8/28): Syllabus/Expectations
   - **Week 2:** M (9/4): 1 mile run, timed
   - **Week 3:** M (9/11): 1st Journal Due, chain run
   - **Week 4:** M (9/18): 1 Mile timed
   - **Week 5:** M (9/25): 2nd Journal Due, Fartlek 1 mile
   - **Week 6:** M (10/2): Mile Workout #1
   - **Week 7:** M (10/9): 3rd Journal Due 1.5 mile / 20 min
   - **Week 8:** M (10/16): 1 mile timed
   - **Week 9:** M (10/23): 4th Journal Due, fartlek 1.5 mile
   - **Week 10:** M (10/30): Mile workout #3
   - **Week 11:** M (11/6): 5th Journal Due, 15 min distance
   - **Week 12:** M (11/13): 2 miles timed
   - **Week 13:** M (11/27): 1 mile timed
   - **Week 14:** M (12/4): 5 K
   - **Week 15:** M (12/11): 1 mile timed

   **Note:** 2 out of class runs (races or fun runs) are worth 40 extra points (20 points each).
VI. **Readings:** None

**Live Text Statement:** This course collects assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education, using the LiveText data management system. Students who do not have an existing LiveText account will receive an access code via your SFA Titan email within the first week of class. You will be required to register your LiveText account, and you will be notified how to register your account. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails. If you have questions about LiveText, call ext. 1267 or e-mail SFALiveText@sfasu.edu.

VII. **Course Evaluations:** Near the conclusion of each semester, students may electronically evaluate course taken. Evaluation date is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faulty tenure, promotion, pay, and retention. As you evaluate this course please be thorough, accurate in completing the evaluation. Please know that the faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical.

VIII. **Student Ethics and Other Policy Information:**

**Class Attendance and Excused Absence: Policy 6.7:** Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6:** To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 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. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

**Student Academic Dishonesty: Policy 4.1:** Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

**Definition of Academic Dishonesty:** Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:

- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- 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 one's own. Examples of plagiarism include, but are not limited to:

- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.
Penalties for Academic Dishonesty: Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5: At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. 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, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4: 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 iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.