Instructor: Kristina Loisel
Course Time & Location: MWF 9:00--9:50, SGYM 242
Office: EDAN 115
Office Hours: MW: 10-11 T: 2:30-3:30; By appointment
Credits: 2 hours
Email: loiselkm@jacks.sfasu.edu (DO NOT E-MAIL THROUGH D2L, I WILL NOT RESPOND)
Prerequisites: None

Course Description:
This course is a fitness and activities class. Students are expected to participate in the assigned group exercise activity. The importance of healthy lifestyle management and how to develop healthy behaviors will be learned to achieve optimal fitness and health levels. Group exercise concepts and theories will be taught to gain an overall understanding of the fitness activity. This jogging course will consist of physical activity sessions and possible lectures.

Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

Program Learning Outcomes:
Students will develop proficiency in the physical skills needed to participate in the activity of jogging, as well as increase cognitive knowledge of the physical skills and physical activity associated with jogging. Students will participate in regular physical activity throughout the course.

Student Learning Outcomes:

1. To demonstrate the knowledge and skills necessary to safely and effectively participate in the activity of jogging.

2. To demonstrate strategies on improving cardiovascular endurance, muscular endurance, flexibility, and body composition through the activity of jogging.

Course Assignments, Exams, and Labs:

1. Worksheets
2. 1.5 mile run tests
3. Final

Evaluation & Assessments:

1.5--mile Fitness test.............100pts (5 @ 20 points each)
Attendance & Participation.....100pts
Worksheets.........................50pts (6 @ 10 points each; lowest one will be dropped)
Grading Scale:

A: 270--300  B: 240--270  C: 210--240  D: 180--210  F: <180

**Tentative Course Outline:** **Syllabus is subject to instructor changes or modification.**

*After August 27, class will meet at the track unless otherwise notified. If weather is bad, we will meet in the HPE or small gym. CHECK D2L FOR UPDATES! For lectures, we will meet room 242 of the small gym.*

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<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>August 27- Syllabus/Course Overview</td>
<td>August 29- Baseline 1.5 Mile Test</td>
<td>August 31- Friday Running Assignment (FRA)</td>
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<td>SYLLABUS QUIZ DUE AT 11:59 PM (counts for attendance)</td>
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<tr>
<td>September 3- Form &amp; Warm Up/Cool Down Lecture</td>
<td>September 5- Activity WORKSHEET #1 DUE AT 11:59 PM</td>
<td>September 7- FRA</td>
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<td>September 10- Activity</td>
<td>September 12- Activity</td>
<td>September 14- FRA</td>
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<tr>
<td>September 17- Rest HR, MHR, THR Lecture &amp; Calculations</td>
<td>September 19- Activity on HR ACTIVITY DUE @ END OF CLASS (counts for attendance)</td>
<td>September 21- FRA</td>
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<td>September 24- Activity</td>
<td>September 26- Footwear/Training Lecture</td>
<td>September 28- FRA</td>
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<td>WORKSHEET #2 DUE AT 11:59 PM</td>
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<td>October 1- Activity</td>
<td>October 3- Core Exercises Lecture</td>
<td>October 5- FRA</td>
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<td>WORKSHEET #3 DUE AT 11:59 PM</td>
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<td>October 8- Activity</td>
<td>October 10- Activity</td>
<td>October 12- FRA</td>
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<td>October 15- Cross Training Lecture</td>
<td>October 17- Activity WORKSHEET #4 DUE AT 11:59 PM</td>
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<td>October 22- Activity</td>
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<td>October 29- Activity</td>
<td>October 31- Injuries Lecture</td>
<td>November 2- FRA</td>
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<td>WORKSHEET #5 DUE AT 11:59 PM</td>
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<td>November 5- Activity</td>
<td>November 7- Activity</td>
<td>November 9- FRA</td>
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<td>November 12- Activity</td>
<td>November 14- Nutrition/Hydration Lecture</td>
<td>November 16- FRA</td>
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<td>November 19- THANKSGIVING</td>
<td>November 21- THANKSGIVING</td>
<td>November 23- THANKSGIVING</td>
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<td>November 26- Activity</td>
<td>November 28- Activity</td>
<td>November 30- FRA</td>
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December 3- Review/Course Wrap Up
December 5- Final
OPEN FROM 12 AM-11:59 PM

Readings: NOT REQUIRED

Text: “Running Well” author: Sam Murphy and Sarah Connors

Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data 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 faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical! In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through Misfit. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

Student Ethics and Other Policy Information:

Class Attendance, Participation, 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.

A. It is the student’s responsibility for assuring credit for attendance for each meeting. If you arrive after the roll is checked, you should notify the instructor before the end of the class period, so the absence can be changed. Otherwise, if it is not cleared during that class period, it will remain an absence. Check D2L for where class will be meeting.

B. On days of inclement weather (raining or extremely cold), the jogging class will jog indoors.

C. Excused absences:
1. Absence due to illness - must present a doctor's excuse.

2. Absence due to school sponsored trip - instructor should be notified in advance of absence.

3. ALL EXCUSED ABSENCES MUST BE PROPERLY DOCUMENTED AND PRESENTED TO THE INSTRUCTOR IMMEDIATELY UPON RETURNING TO CLASS. OTHERWISE, THE ABSENCE WILL BE CONSIDERED UNEXCUSED.

D. Computation of the class participation/effort grade

1. Each person will start with 100 points for the attendance and participation/effort grade.

2. You are given two “free” unexcused absences for personal business.

3. After the second unexcused absence, every absence will result in 5 points being deducted from the attendance and participation/effort grade. After the 5th unexcused absence AFTER the 2 “free unexcused absences”, (that means when you have a total of 7 unexcused absences) you will receive an automatic F for the course regardless of grades already earned in the course. You must participate in class to receive university credit for the course.

4. If a student is 10 minutes late to class that student will be marked absent.

5. 5 points will be deducted for not dressing properly.

6. 10 points will be deducted for each occurrence of lack of effort, not listening, not following directions, or having a poor attitude. A “poor attitude” as used in this policy refers to an individual who constantly complains, is negative, or uses profanity.

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, 468-3004/468-1004 (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. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilitiyservices/.

Student Academic Dishonesty: Policy 4.1

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 polity 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 (3) Incorporating the words or ideas of an author into one’s paper without giving the author due 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). Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp.

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.

Code of Ethics for the Texas Educator:

The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.

To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

1. Candidates must undergo a criminal history background check prior to clinical teaching and prior to employment as an educator. The public school campuses are responsible for completing the criminal background check. A person who is enrolled or planning to enroll in a State Board for Educator Certification-approved educator preparation program or planning to take a certification examination may request a preliminary criminal history evaluation letter regarding the person's potential ineligibility for certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

A Preliminary Criminal History Evaluation is a non-mandatory, non-binding evaluation of an individual's self-reported criminal history. In addition, the agency obtains your name-based Texas criminal history information. The service is provided to the requestor for a non-refundable fee. The requestor will receive an evaluation letter by email from agency staff advising of potential ineligibility for educator certification.

You are eligible to request a Preliminary Criminal History Evaluation if:

- You enrolled or planning to enroll in an educator preparation program or
- You are planning to take a certification exam for initial educator certification, and
- You have reason to believe that you may be ineligible for educator certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

You are not eligible for a preliminary evaluation of your criminal history if you do not have a conviction or deferred adjudication for a felony or misdemeanor offense.

In addition, you must complete the fingerprinting process when you apply for certification. Participation in the evaluation does not preclude you from submitting to a national criminal history review at the time you apply for your educator certification. Your criminal history will be reviewed and you may be subject to an investigation based on that criminal history, including any information you failed to submit for evaluation.

Additional information can be found at https://tea.texas.gov/Texas_Educators/Investigations/Preliminary_Criminal_History_Evaluation-FAQs/.

2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/). YOU MUST provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information concerning this matter, contact Katie Snyder Martin at 936-468-1740 or snyderke1@sfasu.edu.

Other Relevant Course Information:

MAKE-UP OPPORTUNITIES

The Fitness tests and written exams can be made-up only for documented excused absences.

LOCKER FACILITIES
You will need to be assigned a basket and lock in the dressing facilities. Please lock billfolds, purses, textbooks, and other personal items in the enclosed lockers provided in the dressing rooms while jogging.

UNIFORM

You are required to wear clothing appropriate for the activity of jogging. It is recommended that you wear a t-- shirt and running shorts or athletic style shorts. Please dress appropriately for class. In cold weather, dressing in layers is recommended. Therefore, you could wear a sweatshirt over a t--shirt and wear leg tights under your jogging shorts or wear warm--up pants. Crop tops, extremely short shorts, low cut tops, sandals/ flip flops, or no shirt are not acceptable.

MEDICAL COVERAGE

The University, nor the Kinesiology and Health Science Department, provides medical coverage for injuries or illnesses which occur from participating in this course. It is the individual's responsibility to provide their own medical coverage.

**Syllabus is subject to instructor changes or modification.**
I have read and understand the course syllabus for KIN 110 for the Fall 2018 semester.

Name (Please Print) ________________________________________________________________

Date________________________

Please state medical conditions and/or medicines presently being taken that might affect your ability to jog. Please be specific:

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