Kinesiology & Health Science
Kin 110L.7 Jogging
Fall 2018

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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)**:
   - Attendance/Participation 10 points/day 280 points
   - Journal 1 per week 150 points (due every 2 weeks)
   - Leading Warm up 50 points
   - 2 Assignments 15 points each 30 points

Total 500 points

A: 500-450  B: 449-400  C: 399-350  D: 349-300  F: 299-0

**Note**: 2 out of class runs (races or fun runs) are worth 40 extra points (20 points each)

V. **Tentative Course Outline/Calendar**: After 1st class, ALWAYS meet at the track/f-ball stadium

   **Week 1**: M (8/27): Syllabus/Expectations  
   W: walk/run mile

   **Week 2**: M (9/3): 1 mile run, timed  
   W: Interval run

   **Week 3**: M (9/10): 1st Journal Due, chain run  
   W: Recovery run

   **Week 4**: M (9/17): 1 Mile timed  
   W: 1 mile X2

   **Week 5**: M (9/24): 2nd Journal Due, Fartlek 1 mile  
   W: 5 K timed

   **Week 6**: M (10/1): Mile Workout #1  
   W: Mile Workout #2

   **Week 7**: M (10/8): 3rd Journal Due 1.5 mile/ 20 min  
   W: 1.5 mile/20 min

   **Week 8**: M (10/15): 1 mile timed  
   W: 15min distance

   **Week 9**: M (10/22): 4th Journal Due, fartlek 1.5 mile  
   W: 5 K

   **Week 10**: M (10/29): Mile workout #3  
   W: Mile Workout #4

   **Week 11**: M (11/5): 5th Journal Due, 15 min distance  
   W: 2 miles timed

   **Week 12**: M (11/12): 2 miles timed  
   W: Fartlek Run 2 mile

   **Week 13**: M (11/26): 1 mile timed  
   W: 6th Journal due, 20 min distance

   **Week 14**: M (12/3): 5 K  
   W: Recovery run

   **Week 15**: M (12/10): 1 mile timed  
   W: 7th Journal Due, 5 K timed
VI. **Reading:** None

**FEM Statement:** In this course you must purchase and activate the LiveText add-on, Field Experience Module (FEM), PRIOR to your first day of field experience/clinical teaching. Failure to purchase and activate the account and/or submit the required assignment(s) within the FEM system may result in course failure. FEM must be purchased from www.livetext.com for a fee of $18.00 for a multiple year subscription.

**LiveText Statement:** This course uses the LiveText data management system to collect critical 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. Students who do not have an existing LiveText account will receive an access code via the SFA email system within the first week of class. You will be required to register your LiveText account, and you will be notified how to do this via email. If you forward your SFA email 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 obtaining or registering your LiveText account, call ext. 1267 or e-mail SFALiveText@sfasu.edu. Once LiveText is activated, if you have technical questions, call ext. 7050 or e-mail livetext@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText system may result in course failure.

VII. **Course Evaluation:** 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 thoughtful, thorough, and accurate in completing the evaluation. Please know that the 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 MySFA. 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.

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 (including the first 12 day attendance report) 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. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

**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, 936-468-3004 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. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

**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;
- 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;
- 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. 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 policy 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 http://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.