Department of Military Science
Army Physical Fitness Training KIN 200.003
Spring 2018

Instructor: LTC Paul Pfeiffer
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Course Time: Mon, Wed, Fri – 5:45-6:45am
Course Location: Homer Bryce Stadium Field / HPE
Office Hours: M, W 9-11am.

Credits: 2.0

Prerequisites: None

I. Course Description:
KIN 200.003 provides students a foundation in physical fitness topics and team development skills. KIN 200.003 is based in the US Army Physical Readiness Training System and trains the critical components of strength, endurance, and mobility. The principle vehicle used to test the student’s physical fitness and conditioning is the Army Physical Fitness Test (APFT). The APFT consists of push-ups, sit-ups, and a two mile run. Students in the course will participate alongside cadets in the physical training activities of the United States Army Reserve Officer Training Corps (ROTC) at SFA.

II. Learning Outcomes/Goals/Objectives:
This course is nested under the College of Education’s Conceptual Framework and Vision, Mission, Goals and Core Values. The course objectives include exposing students to the benefits derived from a good physical fitness program, providing students with the knowledge and skill to develop a safe and effective personal physical fitness program, improving student fitness levels, and introducing each student to alternative activities and sports which supplement personal fitness programs.

Student Learning Outcomes:
Students will demonstrate basic knowledge and physical abilities needed to participate in Army Physical Readiness Training.
Students will demonstrate knowledge about the physical activities they conduct in class.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
You will be required to participate in a vigorous physical fitness program with the Stephen F. Austin State University Army ROTC program. Much of this physical fitness training is conducted in military formations in accordance with the U.S. Army’s Physical Readiness Training doctrine. Non-ROTC students will be assigned to a cadet platoon and will conduct all physical training as part of their assigned platoon. Non-ROTC students are required to follow direction from assigned cadet leadership and ROTC instructors.

IV. Evaluation and Assessments (Grading):
Attendance, participation, and physical fitness improvement are all considered for your grade. The following grading scale will be used:
<table>
<thead>
<tr>
<th>Category</th>
<th>Possible Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance &amp; Participation</td>
<td>90 (see section below on attendance, participation, and absences)</td>
</tr>
<tr>
<td>APFT Performance/Improvement</td>
<td>10 (see section below on APFT points)</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
</tr>
</tbody>
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**Grading Scale**

- 90-100 A (Excellent)
- 80-89.9 B (Above Average)
- 70-79.9 C (Average)
- 60-69.9 D (Below Average)
- 59.9 & Below F (Failure)

V. Tentative Course Outline/Calendar:

Members of the ROTC cadet battalion meet every Monday, Wednesday, and Friday morning at the Homer Bryce football field during the semester to conduct physical fitness training. In the event of poor weather, we will meet in the HPE basketball courts. Exceptions will be briefed at the session prior to the change in schedule. The cadet chain of command will help to further disseminate any exceptions. **Participating students are required to attend two of the three class periods each week, as this is a two credit hour course.** ROTC contracted students are required to attend all three periods, plus any additional training as scheduled by the ROTC department. All students must test at one monthly APFT or risk losing APFT Performance/Improvement points in accordance with this syllabus. The first APFTs will be held on January 24th and January 26th. Subsequent APFTs are scheduled February 26th and February 28th; March 28th and March 30th; April 25th and April 27th.

VI. Readings (Required and recommended—including texts, websites, articles, etc.):

There is no text requirement for students taking this course. The central reference used by the instructors of this course is US Army Field Manual 7-22, Army Physical Readiness Training. This can be accessed by anyone interested from the US Army Publishing Directorate: https://armypubs.army.mil.

VII. Course Evaluations:

At the end of each term you will be required to complete an online evaluation. This is typically done via your mySFA account. Your feedback is very important. 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. Please know that the faculty are committed to excellence in teaching and continued improvement. Therefore, your response is critical. **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, Participation, and Absences: Policy 6.7**
Overview. Regular, punctual attendance and documented participation are expected at all classes 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.

Class times for KIN 200.003 begin promptly at 5:45 am. Students will be present and ready to begin warm up activities at this early start time. Students who are punctual and prepared for every class, and put forth an honest effort for the duration of each class, will receive full attendance and participation points.

Excused Absences. Excused absences, as governed by university policy, will not adversely affect the student's grade. At the discretion of the instructor, students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. Students are expected to coordinate with the instructor 12 or more hours prior to the class meeting. Further advance notice is desired. When an absence is impossible to predict, notify the instructor immediately following the absence. The instructor may reclassify any unexcused absence to an excused absence, but only when the student provides information or documentation to the satisfaction of the instructor.

Unexcused Absences. An absence from class without an approved excuse from the instructor is considered an unexcused absence. Unexcused absences will affect the student's grade as follows:

1. \( \frac{\text{# of Class Sessions Attended}}{\text{# of Class Sessions Required}} = \text{Attendance and Participation Percentage} \)
2. \( \text{Attendance Percentage} \times 90 \text{ points} = \text{Attendance and Participation Points} \)

At the discretion of the instructor, the instructor can additionally modify a student's attendance and participation points as follows:

1. Students who arrive late, even if only by a minute or two or not at the precise location when formation is called, can lose up to one full point from their overall attendance and participation points for each occurrence.
2. Students who do not put forth an honest effort to complete the activities for the day, can lose up to one full point from their overall attendance and participation points for each occurrence.
3. The instructor may reward bonus participation points for an exceptional effort put forth by a student of up to one full point to that student's overall attendance and participation points for each occurrence. However, overall attendance and participation points will not exceed 90 total points for the semester.

**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). Please read the complete policy at [http://www.sfasu.edu/policies/academic_integrity.asp](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, may receive an unexcused absence for that day, and may be subject to further 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.

IX. Other Relevant Course Information:

**Attire:** Dress appropriately for each class considering the physical activity of the class and the anticipated weather for that morning. Contracted Army ROTC cadets will wear approved Army Physical Fitness uniforms. For Army ROTC students who are not contracted or students not affiliated with the Army ROTC program, clothing is up to the individual student but must allow for freedom of movement and be seasonally appropriate e.g. T-shirts, warm-ups, and shorts. Shirts and athletic running shoes will be worn at all times. Students are also required to have and wear a reflective belt or vest during class for safety reasons as some class sessions will involve running on the roads in and around the SFA campus. Overly revealing clothing, such as short shorts or skin tight clothing, or clothing with offensive or discriminatory themes will not be allowed. Students who fail to dress appropriately for class will be asked to leave and at the discretion of the instructor, will receive an unexcused absence for that class period.

**Medical:** The University, the Military Science Department, or the Kinesiology and Health Science Department do not provide 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. Contracted ROTC cadets are covered under the terms of that cadet's contract. Students who are injured or sick and cannot conduct the training must alert their instructor and if necessary, arrange for alternate training.

**APFT Performance and Improvement:** Students will be evaluated on their performance and improvement on this Army standardized test. To accomplish this, students will take a diagnostic Army Physical Fitness Test (APFT) at the beginning of the semester and a final, for record APFT at the end of the semester. A student will achieve 1 APFT improvement point for every percentage point that student improves his or her APFT score for a maximum possible 10 overall APFT points. If a student does not significantly improve in his or her APFT score, the last APFT score taken as a percentage of the max score of 300 will be that students APFT Performance and Improvement points. For example, if a student scores 150 out of 300 on the APFT but did not improve his or her score more than 10% throughout the semester, then that student will receive 5 of the 10 possible APFT points (150/300 = 50%).

As the APFT may be unfamiliar to students without Army or ROTC experience, the first APFT for students who are not cadets in the ROTC program will not be administered until January 26th. Subsequent tests will be administered so students may better gauge their individual progress. Failure to take some or all of the APFTs will result in decreased or even zero APFT points in accordance with this syllabus.

**LIVETEXT:** 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.

Other: Any questions regarding this syllabus should be directed to LTC Paul Pfeiffer, Department of Military Science at 468-4505 or pfeifferpa@sfasu.edu.