Department of Kinesiology and Health Science

KIN 110--008: Jogging

Spring 2019

Instructor: Erica Knowles                  Course Time & Location: MWF 8:00--8:50, SGYM 241
Office:  EDAN 108                      Office Hours:  T 9:00-10:30, W 9:00-10:30
Credits: 2 hours                      Office Phone: (936) 468--1712
Email:  knowlese@jacks.sfasu.edu

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 test
3. Final

Evaluation & Assessments:
1.5-mile Fitness test..............100pts
Attendance & Participation....100pts
Worksheets.......................50pts
Final..................................50pts

Total pts..................................300pts

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

Tentative Course Outline:

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>1</td>
<td>January 21- MLK Holiday</td>
<td>Jan 23- Syllabus day</td>
<td>Jan 25- FRA Syllabus Quiz</td>
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<tr>
<td>2</td>
<td>January 28- Form &amp; Warm Up/Cool Down Lecture</td>
<td>Jan 30- Baseline 1.5 Mile Test WORKSHEET DUE AT 11:59 PM</td>
<td>Feb 1- FRA</td>
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<tr>
<td>3</td>
<td>Feb 4- Activity [Gym]</td>
<td>Feb 6- Activity [Tracks if weather permits]</td>
<td>Feb 8- FRA</td>
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<td>5</td>
<td>Feb 18- Rest HR, MHR, THR Lecture &amp; Calculations Activity on HR [classroom]</td>
<td>Feb 20- Nutrition/Hydration Lecture</td>
<td>Feb 22- FRA WORKSHEET DUE AT 11:59 PM</td>
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<tr>
<td>7</td>
<td>March 4- Activity [Gym]</td>
<td>March 6- Core and Training Exercises Lecture</td>
<td>March 8- FRA WORKSHEET (core AND training) DUE AT 11:59 PM</td>
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<tr>
<td>9</td>
<td>March 18 SPRING BREAK</td>
<td>March 20 SPRING BREAK</td>
<td>March 22 SPRING BREAK</td>
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<tr>
<td>10</td>
<td>March 25- Cross Training Lecture</td>
<td>March 27- Activity [Tracks if weather permits] WORKSHEET DUE AT 11:59 PM</td>
<td>March 29- FRA</td>
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<tr>
<td>11</td>
<td>April 1- Activity [Gym]</td>
<td>April 3- Activity [Tracks if weather permits]</td>
<td>April 5- FRA</td>
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<tr>
<td>12</td>
<td>April 8- Activity [Gym]</td>
<td>April 10- Injuries Lecture; Footwear Lecture</td>
<td>April 12- FRA</td>
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<tr>
<td>13</td>
<td>April 15-</td>
<td>April 17-</td>
<td>April 24-</td>
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<td></td>
<td></td>
<td></td>
<td>Activity [Track if weather permits]</td>
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<tr>
<td>14</td>
<td>April 22-</td>
<td>April 24-</td>
<td>May 1-</td>
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<tr>
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<td></td>
<td>Activity [Track if weather permits]</td>
<td>Activity [Gym]</td>
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<tr>
<td>15</td>
<td>April 29-</td>
<td>May 8-</td>
<td>May 6-</td>
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<td></td>
<td>Activity [Track if weather permits]</td>
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<tr>
<td>16</td>
<td>May 13-</td>
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<td>May 13-</td>
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<td></td>
<td>Final Exams</td>
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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. IT IS YOUR RESPONSIBILITY TO CHECK D2L REGULARLY FOR UPDATES ON CLASS LOCATIONS.

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 appropriately.

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/disabilityservices/.

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 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 (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.

Other Relevant Course Information:

MAKE-UP OPPORTUNITIES

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

LOCKER FACILITIES

There are lockers available if desired, but that is your responsibility to set up. During class, the instructor typically stays with bookbags and other personal items, but is not responsible for missing or stolen items.

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.

STUDENTS WITH DOCUMENTED DISABILITIES

Students with disabilities are to obtain a disability--related accommodations and/or auxiliary aids, students with disabilities contact the Office of Disability services, Human Services bldg., Room 325, 468-- 3004/ 468--1004 (TTD) as early as possible in the semester. Once verified, DS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided.

**Syllabus is subject to instructor changes or modification.**
I have read and understand the course syllabus for KIN 110 for the Fall 2017 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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