Stephen F. Austin State University  
Department of Kinesiology and Health Science  
Kinesiology 1210.002  
Jogging  
Fall 2020

Instructor: Alexander Alvara  
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Course Time & Location: TR 8:00-9:15am – SGYM 242  
Office Hours: MWF, 1 - 2 PM or by appointment

Credits: 2

I. Course Description: This course is an individual jogging and conditioning program to start the student at his/her present level of fitness. Each student will work on his/her ability to jog while increase their cardiovascular fitness.

Course Justification: KIN110 is a physical activity-based class that meets for 150 minutes each week for 15 weeks. Outside class assignments consist of reading assignments, journaling, studying for exams/quizzes and practicing physical skills to achieve proficiency. The outside class assignments would require at least 4 hours of outside work each week.

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.

Program Learning Outcomes:
• This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course.

Student Learning Outcomes:
• Students will demonstrate physical skills needed to participate in jogging.
• Students will demonstrate workout strategies along with exercise principles associated with jogging.
• Students will demonstrate knowledge about jogging.
• Students will keep a reflective journal that documents regular participation in the physical activity.
• For additional information on meaningful and measurable learning outcomes see the assessment resource page http://www.sfasu.edu/assessment/index.asp.

III. Course Assignments & Activities:
• Article reviews
• Activity journal/log
• Basic principles of jogging

IV. Evaluation and Assessments (Grading): SCALE

<table>
<thead>
<tr>
<th>Particular</th>
<th>Points</th>
<th>Scale</th>
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</thead>
<tbody>
<tr>
<td>Participation</td>
<td>120</td>
<td>A=200-180</td>
</tr>
<tr>
<td>Jogging Test</td>
<td>30</td>
<td>B=179-160</td>
</tr>
<tr>
<td>Articles</td>
<td>50 (10 each)</td>
<td>C=159-140</td>
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*Late work will be -1 point each day

Attendance: Regular attendance is expected for this course. After 2 absences you will lose 5 points from your participation grade for each absence. 3 late arrivals (after roll call) are equal to one absence. For reporting purposes, a student who does not attend class and/or show participation will be dropped from financial aid for this course.

Note: Participating in any fun runs, in which you bring me written proof, will allow you to add 5 points to your grade. Maximum of 2 fun runs.

V. Tentative Course Outline/Calendar:
August 25 : First class day- Go over syllabus and expectations (No running/no class)
August 27: Go over a basic warmup also 1st jogging Day!
September 1: 5 laps walk/jog the curve run the straights
September 3: Fartlek run 15 minutes
September 8: 1 mile or 15 minutes
September 10: 1 mile **TIME TRIAL**
September 15: 1 mile or 15 minutes – Running/jogging
September 17: 1 mile – Running/jogging
September 22: 1.5 miles or 20 minutes – Article on Benefits of Jogging Due (1 page summary with references)
September 24: 1.5 miles or 20 minutes – Running/jogging
September 29: Fartlek run 20 minutes
October 1: long run 2.5 miles or 30 min
October 6: 1.5 miles - Article on Importance of Warm-up & Cool Down Due (1 page summary with references)
October 8: Fartlek run 25 minutes
October 13: 2 miles running/jogging or 25 min
October 15: Interval workout
October 20: 2 miles or 25 minutes running/jogging
October 22: Interval workout
October 27: 2 miles or 25 minutes - Article on Hydration Due (1 page summary with references)
October 29: 2.5 miles or 30 min
November 3: 2.5 miles or 30 minutes – Running/jogging
November 5: Interval workout
November 10: 1 mile run - Article on Stretching Due (1 page summary with references)
November 12: Interval workout
November 17: Fartlek run 30 min
November 19: 2.5 miles or 30 minutes – Article on benefits of proper sleep Due (1 page summary with references)
November 24: **No Class Thanksgiving break**
November 26: **No Class Thanksgiving break**
December 1: **Final Mile Time Trial**

** Activities on above dates are subject to change **

VI. Readings:
No recommended readings for this class.

VII. 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
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 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: Found at http://www.sfasu.edu/policies/
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, 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/.

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)].
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
Disruptive Behavior--Interference or disruption of students, faculty, administration, staff, the educational mission, or
routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom
or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the
ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal
university functions when requested to leave by a university official is prohibited. 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 Early Alert Program at SFA.

Masks (cloth face coverings) must be worn over the nose and mouth at all times in this class and
appropriate physical distancing must be observed. Students not wearing a mask and/or not observing
appropriate physical distancing will be asked to leave the class. All incidents of not wearing a mask
and/or not observing appropriate physical distancing will be reported to the Office of Student Rights
and Responsibilities. Students who are reported for multiple infractions of not wearing a mask and/or
not observing appropriate physical distancing may be subject to disciplinary actions.


Additional Information:

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
   http://www.tx.nesinc.com/PageView.aspx?f=GEN_Tests.html. 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, contact the Office of Assessment and Accountability at 936-468-1282 or edprep@sfasu.edu.