Kinesiology & Health Science
Kin 110L.7 Jogging
Spring 2020

Instructor: Alisa Blair
Office: Johnson Coliseum 205
Office Phone: (936)468-4013
Other Contact: (806)282-1560
Course Time & Location: MW 1:00 pm – 2:15 pm
Shelton 241/Track
Office Hours: MW 9:30 – 11:30 am or by appt.
Credits: 2
Email: blairag@sfasu.edu

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. Each student will work on his/her ability to jog while increase their cardiovascular fitness.

II. **Course Justification**: 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.

James I. Perkins College of Education Diversity Statement is found at the following link: [http://coe.sfasu.edu/about-us/](http://coe.sfasu.edu/about-us/)

III. **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.

IV. **Course Assignments & Activities**
- Activity journal/log
- Basic principles of jogging
- Design an effective warm-up/cool down and teach the class

V. **Evaluation and Assessments (Grading):**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance/Participation</td>
<td>10</td>
<td>270</td>
</tr>
<tr>
<td>Journal</td>
<td>1</td>
<td>120</td>
</tr>
<tr>
<td>Leading Warm up/Cool Down</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>2 Assignments</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Final Exam</td>
<td></td>
<td>30</td>
</tr>
</tbody>
</table>

**Total**: 500 points

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

**Late Assignments**: Any assignments turned in late will be worth half credit before grading. Also assignments that are not turned in on days of “no class” will result in a missed class day and will be deducted in the attendance grade as well.

**Note**: 2 out of class runs (races or fun runs) are worth 40 extra points (20 points each). Due by April 26, 2020. Extra Credit runs has to be between January 15 – April 26, 2020 to count.
Final Exam: Wednesday April 29, 2020  
from 1:00-2:15 pm  
The Final Exam is optional if you have grade  
point average over 90 (class points of 423 or  
over) on April 27, 2020.  

Grading: 5k Timed (3.1 miles)  
36 mins and under: 30 points  
36:01-40:00 mins: 25 points  
40:01-45:00 mins: 20 points  
Over 45:01 mins: 15 points  
Non Finishers: 0 points  

VI. Tentative Course Outline/Calendar: After 1st class, ALWAYS meet at the track/FBall stadium  

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Monday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>No School</td>
<td>Syllabus/Expectations/Basics of Jogging (in classroom)</td>
</tr>
<tr>
<td>Week 2</td>
<td>No School</td>
<td>2 minute run, 1 minute walk (24min); <strong>Warm Up Due</strong></td>
</tr>
<tr>
<td>Week 3</td>
<td>2 minute run, 1 minute walk (27min)</td>
<td>2 minute run, 1 minute walk (30min)</td>
</tr>
<tr>
<td>Week 4</td>
<td>Fartlek (1 mile)</td>
<td>1 Mile timed; <strong>1st Journal Due</strong></td>
</tr>
<tr>
<td>Week 5</td>
<td>2 minute run, 1 minute walk (30min)</td>
<td>3 minute run, 1 minute walk (36min)</td>
</tr>
<tr>
<td>Week 6</td>
<td>No Class; <strong>1st Assignment Due</strong></td>
<td>4 min run, 90 sec walk (22min); <strong>2nd Journal Due</strong></td>
</tr>
<tr>
<td>Week 7</td>
<td>Fartlek (1.5 mile)</td>
<td>4 min run, 90 sec walk (33min)</td>
</tr>
<tr>
<td>Week 8</td>
<td>1.5 Mile Timed</td>
<td>5 min run, 90 sec walk (39 min); <strong>3rd Journal Due</strong></td>
</tr>
<tr>
<td>Week 9</td>
<td>20 min run</td>
<td>20 min run</td>
</tr>
<tr>
<td>Week 10</td>
<td>6 min run, 2 min walk (40 min)</td>
<td>2 Mile Timed; <strong>4th Journal Due</strong></td>
</tr>
<tr>
<td>Week 11</td>
<td>8 min. run, 2 min walk (30 min)</td>
<td>8 min run, 2 min walk (40min); <strong>2nd Assignment Due</strong></td>
</tr>
<tr>
<td>Week 12</td>
<td>9 min run, 2 min walk (33 min)</td>
<td>2 Mile Timed; <strong>5th Journal Due</strong></td>
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<tr>
<td>Week 13</td>
<td>10 min run, 2 min walk (36 min)</td>
<td>25 min run</td>
</tr>
<tr>
<td>Week 14</td>
<td>30 min run</td>
<td>2.5 Mile Timed</td>
</tr>
<tr>
<td>Week 15</td>
<td>35 min run; <strong>6th Journal Due</strong></td>
<td>Final Exam</td>
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**Note:** Be sure to check your email day of class. Class location is subjected to change due to  
weather and Coach Alisa will notify you day of class.

This course contains physical activity which may consist of but not limited to running,  
jumping, lifting, throwing, leaping, striking, etc. Participation in these activities comes  
with inherent risks of injury. Possible injuries include, but are not limited to heat stroke,  
strains, sprains, scrapes, bruises, and fractures. By registering and participating in this  
course, students are aware of the possible injuries that may occur and acknowledge that  
they participate at their own risk. The university is not responsible for any medical costs  
associated with any injury students may sustain; therefore, students are strongly  
recommended to procure personal health and accident insurance to cover any medical  
costs. Students are encouraged to notify the instructor of any relevant prior medical  
history regarding injuries, surgeries, medications, or other considerations which may  
affect or impair participation in this course. If necessary, students will provide, upon  
request, a physician’s statement clearing them to participate in this course.  

**Procedures to be followed for Injury or Accident of a SFA Student.**

1. Administer appropriate first aid.  
2. For a major medical emergency, a phone call should be placed to the  
University Police Department (UPD) (911). UPD will report to the scene of a  
medical emergency, assist with first aid, and contact an ambulance service.  
3. Students may choose to report directly to the Student Health Services for  
minor first aid needs or routine medical services.  
4. If assistance is needed in transporting the injured student, call the UPD non- 
emergency phone number at 936-468-2608.  
5. The instructor should complete an accident report which can be obtained  
from the department office.
VII. **Reading:** None

VIII. **Course Evaluation:** 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 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.

IX. **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, 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/
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.

Additional Information:

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.

Please go to TAC 247.2 – Code of Ethics and Standard Practices for Texas Educators. This can be found at https://texreg.sos.state.tx.us/public/readtac$ext.ViewTAC?tac_view=4&ti=19&pt=7&c h=247&rl=Y.

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, contact the Office of Assessment and Accountability at 936-468-1282 or edprep@sfasu.edu.