Kinesiology & Health Science Jogging
1210 and 01
Fall 2023

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Office Hours: 11am-1pm (email or text for appointment)
Department: Kinesiology
Class meeting time and place: 9am and (Pecan Park or Homer Bryce Stadium)

Course Description:
Individual jogging and conditioning programs to start the student at his/her present level of fitness. Each student will work on his/her ability to jog while increasing their cardiovascular fitness and taking advantage of the emotional and physical benefits of exercise.

Course Contact Hours and Study Hours
KINE 1210 is a course that requires physical activity twice a week for at least 30-40min. This course will be a 16-week course. Along with the physical activity we will have discussion boards, weekly goals, journals, and assignments to meet the 4 additional hours of course week required by the University.

Program Learning Outcomes
This is a general education core curriculum course and students will learn how jogging can benefit and promote a healthy lifestyle.

Student Learning Outcomes
1. Knowledgeable of proper running techniques.
2. Understand the formula to determine maximum heart rate
3. Identify cool down methods following exercise
4. Describe proper weight loss outcomes from jogging
5. Understanding energy sources that contribute during exercise

Text and Materials
NO textbook needed Supplemental Materials provided weekly by instructor.

Course Requirements
You will be required to track your workouts through a phone, watch, or computer that details date, time, and length of run or walk.

Course Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 (1/11) Syllabus and Introductions</td>
<td>Expectations/Basics of Jogging / 20 min Easy run</td>
</tr>
<tr>
<td>Week 2: 5 min Walk + 10 x 1 min Easy run w/1min recovery + 5 min walk</td>
<td>5 min W + 7 x 2 min E w/ 1 min W recoveries + 4 min walk</td>
</tr>
<tr>
<td>Running time (10 min) total time (30 min)</td>
<td>Running time (14 min) Total time (30 mins)</td>
</tr>
<tr>
<td>Week 3: 5 min walk + 6 x 1 min E w/30 sec W + 8x30 sec E w/1min W + 5 min walk</td>
<td>3 min E + 3 min W + 10 x 2 min E w/1min W recoveries + 4 min W</td>
</tr>
<tr>
<td>Week 4: 3 min E + 3 min W + 6 x 3 min E w/2 min W recoveries + 4 min W</td>
<td>3 min E + 3 min W + 20 x 1 min E w/30 sec W recoveries + 4 min W</td>
</tr>
<tr>
<td>Week 5: 10 min M + 10 min W + 10 min M</td>
<td>10 min M + 10 min W + 10 min M</td>
</tr>
<tr>
<td>Week 6: 10 min M + 5 min W + 15 min M</td>
<td>10 min M + 5 min W + 15 min M</td>
</tr>
<tr>
<td>Week 7: 3 Mile test</td>
<td>1.5 Mile Timed</td>
</tr>
<tr>
<td>Week 8: Easy run between 20-30 min</td>
<td>30 min E last 5 min fast</td>
</tr>
<tr>
<td>Week 9: 20 min run; + 4 stadiums</td>
<td>6 min run; 2 min walk (40 min)</td>
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<tr>
<td>Week 10: 2 Mile Timed 8 min. run,</td>
<td>2 min walk (30 min);</td>
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<tr>
<td>Week 11: 8 min run, 2 min walk (40min)</td>
<td>9 min run, 2 min walk (33 min);</td>
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<tr>
<td>Week 12: 2 Mile Timed); 10 min run,</td>
<td>2 min walk (36 min);</td>
</tr>
</tbody>
</table>
Week 13: 25 min run
Week 14: 2.5 Mile Timed; 30 min run;
Week 15: 3-mile test

**Grading Policy**

Final grades will be determined as follows:

- **Attendance** - 175
- **Participation** - 175
- **Discussions** - 100
- **15 weekly Self Reflection Assessments / Journal** - 100

Total: 500 points

<table>
<thead>
<tr>
<th>Final Grade</th>
<th>Point Percentage</th>
<th>Point Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>448-500</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>398-447</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>348-397</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>298-347</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
<td>Below 298</td>
</tr>
</tbody>
</table>

**Attendance Policy**

Participation: This is an activity class and to benefit, it is important for you to be here. Full credit is earned by being on time and participating in the entire class period. You must sign in within the first 10 minutes of class for full daily credit. Three absences are permitted. Any absence beyond that will result in a reduction of your final grade. Students are permitted three extra credit (make-up) opportunities. You must schedule an appointment with instructor. Come to class ready to workout. Encourage classmates and push each other.

**Academic Integrity (4.1)**

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Withheld Grades Semester Grades Policy (5.5)**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to [https://www.sfasu.edu/policies/course-grades-5.5.pdf](https://www.sfasu.edu/policies/course-grades-5.5.pdf).

**Students with Disabilities**

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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Wellness and Well-Being
SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:
The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:

- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741