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 increasing their cardiovascular fitness.

II. Course Justification: is a physical activity-based class that meets for 100 minutes each week for 15 weeks. Outside class assignments consist of reading assignments, journaling, and practicing physical skills to achieve proficiency.

James I. Perkins College of Education Diversity Statement is found at the following link:
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 & Evaluation
- Activity/Journal log
- Develop an effective warm up and cool down
- Practice diaphragmatic breathing and report how it affects running proficiency
- Written response to Tim Grover’s Mental Toughness discussion
- Written response to Winning Ways article
- Clothing that is appropriate for athletic activity must be worn to class. If you cannot participate in class because of your attire, you will lose that day’s participation points. Examples of appropriate include shorts, t-shirts, and athletic shoes.

Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>10 points/day</td>
<td>280 points</td>
</tr>
<tr>
<td>Journal</td>
<td>1 per week</td>
<td>120 points (due every 2 weeks)</td>
</tr>
<tr>
<td>4 Assignments</td>
<td>20 points each</td>
<td>80 points</td>
</tr>
<tr>
<td>Final Exam</td>
<td></td>
<td>20 points</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>500 points</td>
</tr>
</tbody>
</table>

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.
KINE1210.003 Jogging Lab

Note: 2 OUT OF CLASS runs (races that you have to sign up for) are worth 40 extra points (20 points each). Due by November 27, 2023 to the drop box folder in D2L. Emailed receipts will not count. Extra Credit runs has to be between August 28th – November 27th to count.

Note: Be sure to check your D2L day of class. Class location is subjected to change due to weather and you will be notified on the 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.

VI. Tentative Course Outline/Calendar: Class location will be found on D2L in the announcements the day before each class.

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Monday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 (8/28)</td>
<td>Syllabus/Expectations in classroom</td>
<td>2 minute run, 1 minute walk (24 min)</td>
</tr>
<tr>
<td>Week 2 (9/4)</td>
<td>2 minute run, 1 minute walk (27min)</td>
<td>Fartlek (1 mile)</td>
</tr>
<tr>
<td>Week 3 (9/11)</td>
<td>Run straight, walk curves (30 mins)</td>
<td>1 Mile timed; 1st Journal Due</td>
</tr>
<tr>
<td>Week 4 (9/18)</td>
<td>2 minute run, 1 minute walk (30 min)</td>
<td>3 minute run, 1 minute walk (32 min) 1st Assignment Due</td>
</tr>
<tr>
<td>Week 5 (9/25)</td>
<td>Windmill run (34 min)</td>
<td>3 minute run, 1 minute walk (36 min)</td>
</tr>
<tr>
<td>Week 6 (10/2)</td>
<td>4 min run, 90 sec walk (22 min)</td>
<td>Fartlek (1.5 mile); 2nd Journal Due</td>
</tr>
<tr>
<td>Week 7 (10/9)</td>
<td>4 min run, 90 sec walk (33 min)</td>
<td>1.5 Mile Timed 2nd Assignment Due</td>
</tr>
<tr>
<td>Week 8 (10/16)</td>
<td>5 min run, 90 sec walk (39 min)</td>
<td>Miami Run; 3rd Journal Due</td>
</tr>
<tr>
<td>Week 9 (10/23)</td>
<td>20 min run</td>
<td>6 min run, 2 min walk (40 min); 3rd Assignment Due</td>
</tr>
<tr>
<td>Week 10 (10/30)</td>
<td>2 Mile Timed</td>
<td>Caboose run (30 min); 4th Journal Due</td>
</tr>
<tr>
<td>Week 11 (11/6)</td>
<td>8 min run, 2 min walk (40 min)</td>
<td>9 min run, 2 min walk (33 min); 4th Assignment Due</td>
</tr>
<tr>
<td>Week 12 (11/13)</td>
<td>800 repeats</td>
<td>10 min run, 2 min walk (36 min); 5th Journal Due</td>
</tr>
<tr>
<td>Week 13 (11/20)</td>
<td>Thanksgiving Break</td>
<td></td>
</tr>
<tr>
<td>Week 14 (10/27)</td>
<td>2.5 Mile Timed;</td>
<td>30 min run; 6th Journal Due</td>
</tr>
<tr>
<td>Week 15 (12/4)</td>
<td>35 min run</td>
<td>Final Exam</td>
</tr>
</tbody>
</table>

Grade: 5k Timed (3.1 miles)
- 36 mins and under: 20 points
- 36:01-40:00 mins: 15 points
- 40:01-45:00 mins: 10 points
- Over 45:01 mins: 5 points
- Non Finishers: 0 points

Final Exam: Wednesday December 6, 2023
The Final Exam is optional if you have grade point average over 90 (class points of 432 or over) on November 27th, 2023, after class is concluded for the day.
4. If assistance is needed in transporting the injured student, call the UPD nonemergency 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/](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 / 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/](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**
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.

**Student Code of Conduct: Policy 10.4**
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.

**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/readtacSExt.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 August 28, 2023
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.

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)
Jogging Lab

- johCrisis Text Line: Text HELLO to 741-741