I. **Course Description**: This course is a wellness and activities class designed for students to grasp a better understanding of the sport and practice a healthy lifestyle. Group exercise theories will be taught during this course to develop basic skills and gain physical and cognitive benefits. Lectures will be included in this class to help evaluate learned concepts, and promote positive behaviors toward living an active lifestyle.

**Course Hour Justification**: KINE 1214L is a physical activity-based class that meets for 1 hour and 15 minutes twice a week for 15 weeks with a final exam on the last week. Outside class assignments consist of reading/video assignments, studying for exams/quizzes and practicing physical skills to achieve proficiency. The outside class assignments would require at least 30 minutes of outside work each week.

**Diversity Statement**: The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect, and shared responsibility, faculty, staff, and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion, and spiritual values in order to enhance the quality of life in a diverse, global community.

**Mental Health Statement**: SFASU values students’ mental health and the role it plays in academic and overall student success. 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.
II. **Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):**
   - 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: To gain knowledge in order to participate in tennis efficiently and safely, and to have fun.

III. **Course Assignments, Activities, Instructional Strategies, use of Technology:**
1. Students must be dressed appropriate for activity. If you cannot participate due to inappropriate attire, you will lose participation points.
2. Inappropriate attire includes but is not limited to: jeans, muscle tees, boots, flip flops, etc.
3. All students must wear a shirt. Participating topless or in a sports bra alone is not allowed.
4. Taunting and profanity will not be tolerated under any circumstances.
5. This is an activities class meaning students need to be prepared to be active for the majority if not all of the class time.
6. Cell phone use will result in a loss of participation points.

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>150</td>
</tr>
<tr>
<td>Quizzes (2)</td>
<td>100</td>
</tr>
<tr>
<td>Participation</td>
<td>150</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>500</strong></td>
</tr>
</tbody>
</table>

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

In order to earn attendance/participation points, students must show up and leave at the respective class times, and students must participate in the online activities as well as on-court activities.

Opportunities for extra credit will be available during the semester.

Due to the Tennis Team traveling OR weather, there will be some days that class will be cancelled. It will be posted on D2L. Check for updates before class if it is raining or stormy.

V. **Attendance Policy**

If you need to miss class due to sickness, injury, or other, please email me before class to inform me. If you do not email me before class to let me know, you will not receive points for that day. Emergencies are the exception to this rule. Communication is key ☺
**VI. Tentative Course Outline/Calendar:**

<table>
<thead>
<tr>
<th>Week</th>
<th>Focus</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week of August 29th</td>
<td>Syllabus and rules</td>
<td>In-class worksheet</td>
</tr>
<tr>
<td>Week of September 5th</td>
<td>Forehand</td>
<td></td>
</tr>
<tr>
<td>Week of September 12th</td>
<td>Backhand</td>
<td>Quiz #1 Opens</td>
</tr>
<tr>
<td>Week of September 19th</td>
<td>Groundstrokes</td>
<td>Quiz #1 Due</td>
</tr>
<tr>
<td>Week of September 26th</td>
<td>Serves</td>
<td></td>
</tr>
<tr>
<td>Week of October 3rd</td>
<td>Returns</td>
<td></td>
</tr>
<tr>
<td>Week of October 10th</td>
<td>Scoring</td>
<td></td>
</tr>
<tr>
<td>Week of October 17th</td>
<td>Volleys</td>
<td>Quiz #2 Opens</td>
</tr>
<tr>
<td>Week of October 24th</td>
<td>Approach shots</td>
<td>Quiz #2 Due</td>
</tr>
<tr>
<td>Week of October 31st</td>
<td>Rallies</td>
<td></td>
</tr>
<tr>
<td>Week of November 7th</td>
<td>Rallies</td>
<td></td>
</tr>
<tr>
<td>Week of November 14th</td>
<td>Games</td>
<td></td>
</tr>
<tr>
<td>Week of November 21st</td>
<td>Thanksgiving Break</td>
<td>No class this week</td>
</tr>
<tr>
<td>Week of November 28th</td>
<td>Games</td>
<td></td>
</tr>
<tr>
<td>Week of December 5th</td>
<td>Matches</td>
<td>Final opens 12/07</td>
</tr>
<tr>
<td>Week of December 12th</td>
<td>Finals Week</td>
<td>Final closes 12/12</td>
</tr>
</tbody>
</table>

**VII. Recommended Readings:** “Tennis Fundamentals” author: Carol Matsuzaki 2004. This book is not required.

**VIII. 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 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 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: 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.

_____ 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