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 1214 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.

**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):

<table>
<thead>
<tr>
<th>Attendance</th>
<th>150</th>
</tr>
</thead>
<tbody>
<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, quizzes, as well as on-court activities.

Opportunities for extra credit will be available during the semester.

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

V. Attendance Policy

Five participation points will be awarded each day you attend. The majority of one’s grade in this class consists of participation and attendance points. If you need to miss class due to sickness or injury, please email me before class. Emergencies are the exceptions 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 January 18th</td>
<td>Syllabus and rules</td>
<td>In-class worksheet</td>
</tr>
<tr>
<td>Week of January 23rd</td>
<td>Forehand</td>
<td></td>
</tr>
<tr>
<td>Week of January 30th</td>
<td>Backhand</td>
<td></td>
</tr>
<tr>
<td>Week of February 6th</td>
<td>Groundstrokes</td>
<td>Quiz #1 Opens</td>
</tr>
<tr>
<td>Week of February 13th</td>
<td>Volleys</td>
<td>Quiz #1 Due</td>
</tr>
<tr>
<td>Week of February 20th</td>
<td>Volleys</td>
<td></td>
</tr>
<tr>
<td>Week of February 27th</td>
<td>Approach shots</td>
<td></td>
</tr>
<tr>
<td>Week of March 5th</td>
<td>Serves</td>
<td></td>
</tr>
<tr>
<td>Week of March 12th</td>
<td>Spring Break</td>
<td>No class this week</td>
</tr>
<tr>
<td>Week of March 19&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Returns</td>
<td></td>
</tr>
<tr>
<td>----------------------------</td>
<td>---------</td>
<td></td>
</tr>
<tr>
<td>Week of March 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Rallies</td>
<td>Quiz #2 Opens</td>
</tr>
<tr>
<td>Week of April 2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Rallies</td>
<td>Quiz #2 Due</td>
</tr>
<tr>
<td>Week of April 9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Games</td>
<td></td>
</tr>
<tr>
<td>Week of April 16&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Games</td>
<td></td>
</tr>
<tr>
<td>Week of April 23&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>Sets</td>
<td></td>
</tr>
<tr>
<td>Week of April 30&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sets</td>
<td>Final opens 05/02</td>
</tr>
<tr>
<td>Week of May 7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Finals Week</td>
<td>Final closes 05/07</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:**

**Institutional Absences (HOP 04-110)**

An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.
Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.

_____ Code of Student Conduct and Academic Integrity

The Code of Student Conduct and Academic Integrity (HOP 04-106) 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. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

_____ Withheld Grades Semester Grades Policy (HOP policy 02-206)

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/docs/hops/02-206.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.

***Other SFA policy information is found in the Handbook of Operating Procedures (HOP)
**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