Instructor

Name: Master Sergeant (MSG) Jaime Contreras  
Email: Jaime.Contreras@sfasu.edu  
Phone: Office (936) 468-4295  
Office Hours: Mon: 0900-1100; 1300-1530  
Tues: 0930-1200  
Wed: 1400-1630  
Thurs: 0900-1130  
Fri: 0900-1130  
Drop-In (Open Door – if my door is open, you can walk in)  
Department: Military Science  
Class: Military Science Building Tuesday, Wednesday, and Thursday at 6 am

Prerequisites: None

Course Description:
KINE 2100-003 provides students with a foundation in physical fitness topics and team development skills. KINE 2100-003 is based on the US Army Physical Readiness Training System and trains the critical components of strength, endurance, and mobility. The principle vehicle used to test the student’s physical fitness and conditioning is the Army Combat Fitness Test (ACFT). The ACFT consists of six events: Deadlift, Standing Powerball Throw, Hand Release Push-ups, Sprint-Drag-Carry, Plank, and the two-mile run. Students in the course will participate alongside Cadets in the physical training activities of the United States Army Reserve Officer Training Corps (ROTC) at SFA. This is a variable credit course of 1-2 semester hours. For each credit hour, the class meets for 50-75 minutes each week for 15 weeks. The classes are physical activities where students may be assigned varying outside-class assignments based on the topic, including out-of-class readings, journaling, topic presentations, studying for exams, and practicing physical skills to achieve proficiency. These outside class assignments would require at least two hours each week for each credit hour.

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 to enhance the quality of life in a diverse, global community.
Learning Outcomes/Goals/Objectives:
This course is nested under the College of Education’s Conceptual Framework and Vision, Mission, Goals, and Core Values. The course objectives include exposing students to the benefits derived from a good physical fitness program, providing students with the knowledge and skill to develop a safe and effective personal physical fitness program, improving student fitness levels, and introducing each student to alternative activities and sports that supplement personal fitness programs.

Student Learning Outcomes:
Students will demonstrate basic knowledge and physical abilities needed to participate in Army Physical Readiness Training. Students will demonstrate knowledge about the physical activities they conduct in class.

Course Assignments, Activities, Instructional Strategies, and use of Technology:
You must participate in a vigorous physical fitness program with the Stephen F. Austin State University Army ROTC program. Much of this physical fitness training is conducted in military formations per the U.S. Army’s Physical Readiness Training doctrine. Non-ROTC students will be assigned to a Cadet platoon and conduct all physical training as part of their assigned platoon. Non-ROTC students are required to follow directions from assigned Cadet leadership and ROTC instructors.

Evaluation and Assessments (Grading):
Attendance, participation, and physical fitness improvement are all considered for your grade. The following grading scale will be used:

<table>
<thead>
<tr>
<th>Category</th>
<th>Possible Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance &amp; Participation</td>
<td>90 (see the section below on attendance, participation, and absences)</td>
</tr>
<tr>
<td>ACFT Performance/Improvement</td>
<td>10 (see the section below on ACFT points)</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
</tr>
</tbody>
</table>

Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100</td>
<td>A (Excellent)</td>
</tr>
<tr>
<td>80-89.9</td>
<td>B (Above Average)</td>
</tr>
<tr>
<td>70-79.9</td>
<td>C (Average)</td>
</tr>
<tr>
<td>60-69.9</td>
<td>D (Below Average)</td>
</tr>
<tr>
<td>59.9 &amp; Below</td>
<td>F (Failure)</td>
</tr>
</tbody>
</table>

Tentative Course Outline/Calendar:
Members of the ROTC Cadet battalion meet every Tuesday, Wednesday, and Thursday morning at the Military Science Building during the semester to conduct physical fitness training. In the event of poor weather, we will meet in the HPE basketball courts. Exceptions
will be briefed at the session before the schedule change. The Cadet chain of command will help to disseminate any exceptions. Participating students must attend two of the three class periods each week, as this is a two-credit hour course. ROTC contracted students are required to attend all three periods, plus any additional training as scheduled by the ROTC department. All students must conduct two ACFTs during the semester or risk losing ACFT Performance/Improvement points per this syllabus. The first ACFTs will be held on February 5th, 2024. The second ACFT will be conducted on April 15th, 2024.

Readings (Required and recommended—including texts, websites, articles, etc.):
There is no text requirement for students taking this course. The central reference used by the instructors of this course is US Army Field Manual 7-22, Army Physical Readiness Training. This can be accessed by anyone interested from the US Army Publishing Directorate: FM 7-22

Course Evaluations:
At the end of each term, you must complete an online evaluation. This is typically done via your mySFA account. Your feedback is very important. 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.

Student Ethics and Policy

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.

Class time begins promptly at 6:00 a.m. Students will be present and ready to begin warm-up activities. Students who are punctual and prepared for every class and put forth an honest effort for the duration of each class will receive total attendance and participation points.

Unexcused Absences. An absence from class without an approved excuse from the instructor is considered an unexcused absence. Unexcused absences will affect the student's grade as follows:

1. \[ \frac{\text{# of Class Sessions Attended}}{\text{# of Class Sessions Required}} = \text{Attendance and Participation Percentage} \]
2. \[ \text{Attendance Percentage} \times 90 \text{ points} = \text{Attendance and Participation Points} \]

**Code of Student Conduct and Academic Integrity (HOP 04-106)**

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 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 important course-related policies:**

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

**IX: Resources**

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

SFASU Counseling Services • www.sfasu.edu/counselingservices
Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401

SFASU Human Services Counseling Clinic • www.sfasu.edu/humanservices/139.asp
Services Room 202 • 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)
- Crisis Text Line: Text HELLO to 741-741