

South Plains College
Department of Kinesiology
SYLLABUS- KINE 1107
Walk, Jog, Run- Online

Instructor: Ryan Heth
Office: Kinesiology Building #107
Office Hours: Will Discuss

Office Phone: 806.716.2234
Email: rheth@southplainscollege.edu
Text: Will set up Remind app text messages

Purpose: This course will educate students with the basic knowledge, understanding, and value of a regular program of walking, jogging, and running as a means of promoting total fitness.

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID 19. You don't need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@f47ac33**. You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it. I will use it periodically throughout the summer to remind the class of due dates and other useful information.

COVID Syllabus Statement: It is the policy of South Plains College for the semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings, including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.

Outcomes:

Each student will:

- Recall basic terminology, training principles, and safety guidelines of a WJR program. A written quiz and final exam will measure this objective.
- Recall the knowledge of proper nutrition and its implications for sports performance, physical fitness, and wellness. A quiz and final exam will measure this objective.
- Demonstrate the ability to monitor heart rate during exercise and rest. This objective will be measured by observation of the instructor.
- Recall the procedures to calculate target heart rate zones depending on the individual's age, fitness level, and specific needs. The final exam will measure this objective.
- Discover a WJR activity he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of the instructor.
- Experience a higher level of cardiovascular fitness. This objective will be measured by physical testing.

Course Requirements:

- Text: None
- This is an online-only course this semester due to Covid. Usually, we would meet for three face-to-face class days, but since we are still trying to prevent the spread of Covid, we will not meet in person this semester.
- Completing two assigned workouts per week, three tests, discussion boards, and live race are all requirements that will calculate into your overall grade this semester.
- You will be required to track your workouts through an app using either a phone, watch, or GPS. The specific app you will be required to use will be given to you the first week of class. There are no exceptions to this requirement. If you do not have access to this type of equipment, then you will not be able to take this online class.
- Participation in all workouts and activities.

Grading Policy

Final grades will be determined as follows:

- Two physical tests @ 75 points each - 150 points
 - One final exam with a written and physical test @ 100 points - 100 points
 - 1 Live race with photos of a shirt, bib, and finish line @ 100 points (this may be subject to change due to COVID) 100 points
 - 15 weekly discussion boards w/ photos of running app results @ 10 points each - 150 points
- Total: 500 points**

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

Course Instructions

Instructions for this course will come from the Course Instruction Tab on blackboard. There are many ways to get to the information you will need, but this is probably the easiest way to navigate the course. **These course instructions will cover everything you need to know for this course from the beginning to the end. If you are ever in doubt, please look at these instructions.**

Course Evaluation:

1. There will be three exam days, in the beginning, middle, and end of the semester, each worth 75-100 points (250 points total; 50 % of your overall grade). These tests will be worth more than your regular weekly workouts. Do not miss these tests, as they will account for up to 50% of your overall grade.
2. **One local or state walking/ running fun run or race with a minimum distance of 5k worth 100 points (20 % of your overall grade).** You will be required to sign up and run or walk in a race of your choice. Some of these races may charge an entry fee, which you will be responsible for paying. Some races are free or as little as \$5 to 25 dollars to participate. I don't require a book in this class because of the cost of the race. You may choose races anywhere in the state if you choose to do so. We have many great local races around the Lubbock / West Texas area. Numerous websites post races on them, but these are two websites that I would recommend looking at first.
<https://runningintheusa.com/race/list/tx/upcoming>
<http://wtrunning.com/2014/>
I may post races that I think will be fun throughout the semester on blackboard. This will also be covered in our first face to face meeting. You must have pictures of your race shirt, bib, and you at the finish line to get credit for this portion of the class. **This requirement may change due to COVID.**
3. **Fifteen weekly discussion board posts about your two weekly assigned walks and/or runs, each worth 10 points (150 points total; 30% of your overall grade).** Photos of your results attached to your discussion board post from one of the run tracker apps will be required. Thoughts and details in your discussion posts about your runs will be required to receive full credit. I want to know if your walks/ runs are getting more comfortable as the semester progresses, if you're sore from your workouts, what the weather was like and if it affected you, did anyone run with you, how hard did you push your run, and so on. The location of your walks/ runs and whether you will run there again should also be included in these posts. These assignments will be due by 11:59p Sunday night each week. **Multiple Runs are not allowed to be completed on the same day. There are specific instructions that are given to you when you turn your runs in for credit. Not abiding by these instructions will cause you to get a zero for the assignment.** The primary goal for the discussion portion of the course is to "talk" about what you are feeling on your runs, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether you give correct answers but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the

DB, and keep your content appropriate and on the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)

Administrative Drop Policy: Due to Financial Aid and South Plains College requirements for participation/attendance, a student who fails to complete and turn by the due date listed six total assignments will be dropped and either receive an "X" or "F" (at my discretion).

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.