

Syllabus Adjustments for class

Attendance is required for class. Class attendance will be adjusted as needed to meet special circumstances encountered. Special assignments may be used in order to accommodate these special circumstances. If you are sick or have ANY symptoms of being sick please contact me via email at bbradshaw@southplainscollege.edu and arrangements will be made. Please do not come to class if you are showing any symptoms of being sick. I will work with you in order to keep you up with any work you may have missed. If you are placed in the hospital for any reason please inform me of your situation using my email address or have someone inform me if you are not able to yourself and we can adjust your class work to keep you up to date.

The semester is in your control by wearing your mask, social distancing and limiting the things you do at and outside of school. In order for us to return to some kind of normal it takes everyone doing their part and being responsible for their actions. Your actions or lack of actions can change everyone's future, so please think about what you are doing and be as safe as possible.

IF WE HAVE TO CLOSE FACE TO FACE CLASSES AND GO ONLINE ONLY BE PREPARED TO COMMUNICATE THROUGH YOUR SPC EMAIL ADDRESS.....

Stay in communication with me during the semester and we will forge through this together. You will be updated as needed if conditions change for our class. Watch your SPC email address for updates and notifications.

My cell number is 806-543-9277 if you need to call me for any reason...please call between 8am and 6pm.

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

Instructor: Bart Bradshaw

Office: Texan Dome

Office Hours: 7:15-7:45 M/W 7:15-8:00 T/TH

Office Phone: 806.716.2478

Email: bbradshaw@southplainscollege.edu

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

Outcomes:

Each student will:

- 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.
- 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 instructor.
- Remember methods used to prevent and treat common jogging injuries.
- Experience a higher level of cardiovascular fitness. This objective will be measured by a pre/post one mile WJR test.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans!
Athletic shoes only! Students will lose 3 points off of their attendance/participation grade if they are not dressed properly.
- Positive attitude

- Willingness to follow instruction
- **Participation in class activities!!**

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 25 points each: 50 points
- 1 Final @ 30 points each 30 points
- Attendance @ 20 points 20 points
 - 3 points deducted for each absence up to 4 absences. ON your 5th absence you will be dropped! No Exceptions!!

Total: 100 points

Final Grade	Point Total
A	90-100
B	80-89
C	70-79
D	60-69
F	0- 59

A. Attendance/ participation (refer to attendance policy)

(These are subjective evaluations of the instructor.)

- Attendance Records (by instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the pre and post 1 mile run for time.
- If a test is missed, it must be taken the first day you return to class.

C. Final Exam

- The final exam will be a 3 mile run for time.
- If you have 2 or less absences, you are exempt. (NO EXCEPTIONS)

II. Attendance Policy:

Students need to inform me prior to an absence due to a school sponsored activity.

- If you are late to class, depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rule applies when a student LEAVES CLASS EARLY.
- NP's occur when a student is in attendance but cannot participate due to illness or injury. NP's are not to be used to study for exams or work on other class projects. 2 NP's = one (1) absence.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day. TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

III. Additional Information:

- A. Lockers are free. First come first serve. Locks need to be removed at the end of the semester.

- B. We do not provide towels.
 - C. No food or drink in class. Water is acceptable.
 - D. Do not eat a heavy meal prior to class.
 - E. Use the restroom prior to class.
 - F. Hats are allowed.
- IV. To communicate with you throughout the semester use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

KINE 1107 Walk, Jog, Run-

All class days will begin with a warm up stretching and cardio session. This will involve jogging, walking, lunges, stairs, pushups, sit ups, sprints, squats, etc.

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.

Campus Concealed Carry – Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: (http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation.