

South Plains College  
Department of Kinesiology  
SYLLABUS – KINE 1107: Walk, Job, Run

Instructor: Bart Bradshaw

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

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

Office Phone: 806.716.2478

Email:

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 
  - o 3 points deducted for each absence up to 4 absences. ON your 5<sup>th</sup> 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

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.

**You can find the most current SPC statements regarding Intellectual Exchange, Disabilities, NonDiscrimination, Title IX Pregnancy Accommodations C.A.R.E., Campus Concealed Carry at this link:**

<https://www.southplainscollege.edu/syllabusstatements/>