

South Plains College
Department of Kinesiology
KINE 1109
Cardio Core & Conditioning

Instructor: Ryan Heth
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Office Hours: Will Discuss

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Purpose: Students will master the skills, principles, and fitness level to become proficient in physical activity on their own. This course will focus on improving and strengthening the cardiovascular system and the core of the body. The class will promote physical fitness as a lifetime commitment to a healthy lifestyle

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID 19. You do not 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 **@fall22car**

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.

Outcomes:

1. Students will understand the importance of cardio conditioning and core strength training exercises.
2. Students will demonstrate the ability to improve the level of cardiovascular fitness and core strength as a result of class training.
3. Students will demonstrate the ability to monitor and adjust exercise intensity.
4. Students will learn to calculate and monitor target heart rate using the Karvonen method.
5. Students will understand and apply the basic principles of cardiovascular exercise to develop a training program based upon their personal goals and objectives.
6. Students will be able to identify and locate various muscle groups and the exercises that effectively train those muscle groups to develop muscular endurance.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash clothes regularly.
- No cargo shorts, jeans, or jean shorts.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 75 points each: 150 points
- 1 Final @ 100 points each: 100 points
- Attendance @ 50 points: 50 points
 - 10 points deducted for each absence up to 5 absences. ON your 6th absence you will be dropped! No Exceptions!!

Total: 300 points

Final Grade	Point Percentage	Point Total
A	90-100%	270-300
B	80-89%	240-269
C	70-79%	210-239
D	60-69%	180-209
F	Below 60%	Below 180

A. Attendance/ participation (refer to the attendance policy

(These are subjective evaluations of the instructor.)

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

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.
- If a test is missed, it must be taken the first day you return to class.

D. Final Exam

- The final exam will be comprehensive.

II. Attendance Policy:

Students need to inform me before 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. The 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 study for exams or work on other class projects. 2 NP's = one (1) absence.
- The instructor will make Drops 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, you should 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 cell phones.
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal before class.
- F. Use the restroom before class.
- G. Hats are allowed.

A student who stops attending AND stops completing assignments, must take the responsibility of contacting the Registrar's Office to drop the class.

I do not drop students for non-attendance. It is your responsibility to initiate the drop process if you decide not to complete the course. Students who stop attending and do not complete the coursework will receive an F at the end of the semester.

PLEASE NOTE: The last day to drop this course is Thursday, December 1, 2022

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disability Statement: 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.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to

work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

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 and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.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.

COVID-19 Statement: 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