

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

COVID Syllabus Statement: It is the policy of South Plains College for the Fall 2020 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.

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 just need to text this number **81010** and send the following code as the text message

@8bae67a

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 on a regular basis.
- 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

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
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 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 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 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 cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal prior to class.
- F.

- G. Use the restroom prior to class.
- H. Hats are allowed.

I will use the SPC email that was issued to you or the email that you give me on the student information sheet for any correspondence throughout this 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.

Disabilities 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 Special 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 Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 894-9611 ext. 2529.

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.

I _____ have read and understand all the information on this syllabus for KINE_____.

Date_____

Phone # _____

Write your phone number and email legibly!!!!

E-mail_____

Are there any health issues we should be concerned about before you start this program?
(circle one)

No

If yes, please explain:

*Sign and complete this form and turn it in to the instructor.