

South Plains College
Department of Physical Education
SYLLABUS- PHED 1107
Walk, Jog, Run – Lecture – Levelland – Fall 2023

Instructor: Ryan Heth **Office Phone:** 806.716.2234 (Only in my office on Mondays and Wednesdays)
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Office Hours: Will Discuss

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:

- Recall basic terminology, training principles, and safety guidelines of a WJR program. This objective will be measured by quiz one and the final exam.
- Recall the knowledge of proper nutrition and its implications for sports performance, physical fitness, and wellness. This objective will be measured by quiz 2, the video quiz, and the final exam.
- 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. This objective will be measured by the final exam.
- Discover a WJR activity they enjoy and make it a regular part of a healthy lifestyle. This objective will be measured by observation of the instructor.
- Remember methods used to prevent and treat common jogging injuries. This objective will be measured by the final exam.
- Experience a higher level of cardiovascular fitness. A pre/post-one-mile WJR test will measure this objective.

REMIND APP – I will use the REMIND APP in this course as another means of communication. 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: **@93hk9c2**

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 helpful information.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans! Athletic shoes only! Students will lose 3 points off their attendance/participation grade if they are not appropriately dressed.
- Positive attitude
- Willingness to follow instruction
- **Participation in 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
 - Ten 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 instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- The tests will cover the syllabus, text, lectures, 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.
- If you have two or fewer absences, you are exempt. (NO EXCEPTIONS)

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 time you are late, I will determine if it will be recorded as a tardy or absent. The same rule applies when a student LEAVES CLASS EARLY.
- NPs occurs when a student is in attendance but cannot participate due to illness or injury. NPs are not to be used to study for exams or work on other class projects. 2 NPs = one (1) absence.

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 before class.
- E. Use the restroom before class.
- F. 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. You are responsible for initiating 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.

The student will be counted absent for an entire class period (after one warning) for the following:

- Texting during class
- Instant Messaging during class
- Sleeping during class
- Excessive Tardiness (After 2nd)
- Leaving class early
- Off-topic/disruptive, excessive discussion with other students

Please see the following links for the South Plains College General Syllabus Statements and the Covid Policy.

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

<https://www.southplainscollege.edu/emergency/covid19-faq.php>