

**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 levels 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 **@kgg879**

You will receive a response confirming your registration. This is 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.

**Outcomes:**

1. Students will understand the importance of cardio conditioning and core strength training exercises.
2. Students will demonstrate the ability to improve their 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 on 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 their 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
  - Ten points deducted for each absence up to 5 absences. ON your 6<sup>th</sup> absence, you will be dropped! No Exceptions.

**Total: 300 points**

<b>Final Grade</b>	<b>Point Percentage</b>	<b>Point Total</b>
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**

- The tests 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 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 study for exams or work on other class projects. 2 NPs = one (1) absence.
- The instructor will make Drops for excessive absences, discipline, and disregard for the class guidelines. The student will be responsible for dropping 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. 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.**

**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>