Instructor: Ryan Heth **Office Phone**: 806.716.2234 (Only in my office on Mondays and Wednesdays)
Office: Kinesiology Building #107 **Email**: rheth@southplainscollege.edu
Office Hours: By appointment **Text:** Will set up Remind App text messages

Purpose: This course will educate students on the basic knowledge, understanding, and value of a regular program of walking, jogging, and running as a means of promoting total fitness.

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID-19. You don't 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   **@kgfce99**
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:
Each student will:
- Recall basic terminology, training principles, and safety guidelines of a WJR program. A written quiz and final exam will measure this objective.
- Recall the knowledge of proper nutrition and its implications for sports performance, physical fitness, and wellness. A quiz and final exam will measure this objective.
- 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. The final exam will measure this objective.
- 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.
- Experience a higher level of cardiovascular fitness. This objective will be measured by physical testing.

Course Requirements:
- Text: None
- You are not allowed to use treadmills in this course. (DO NOT ASK TO USE TREADMILLS FOR YOUR WORKOUTS.)
- Completing two assigned workouts per week, 15 weekly discussion boards with the required pictures, two tests, and one final exam
- You will be required to track your workouts through an app using either a phone, watch, or GPS. The specific app you must use will be given to you during the first week of class. There are no exceptions to this requirement. If you do not have access to this type of equipment, you will not be able to take this online class.
- Participation in all workouts and activities.
- You must follow all instructions exactly as they are laid out for each workout to receive credit for your assignments.
- All workouts must be kept for the entire semester on your app. Students may be called in to meet with me in person at any time throughout the semester and must have their app with all their workouts available. Students who do not have their workouts saved will not receive any credit for past workouts if they cannot show proof through the Map My Run app when they are called to set up a meeting.
- I will meet with students in person if you have any questions that you prefer talking about face to face.

Grading Policy

Final grades will be determined as follows:

- Two physical tests @ 75 points each - 150 points
- One final exam physical test @ 125 points - 125 points
- 15 weekly discussion boards w/ photos of running app results @ 15 points each - 225 points

Total: 500 points

Final Grade	Point Percentage	Point Total
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

Course Instructions

Instructions for this course will come from the Course Weekly Instruction Tab on blackboard. There are many ways to get the information you need, but this is probably the easiest way to navigate the course. These course instructions will cover everything you need to know for this course from the beginning to the end. If you are ever in doubt, please look at these instructions.

Course Evaluation:

1. There will be three exam days, at the beginning, middle, and end of the semester, each worth 75-125 points (250 points total; 55 % of your overall grade). These tests will be worth more than your regular weekly workouts. Do not miss these tests, as they account for up to 55% of your overall grade.

2. **Fifteen weekly discussion board posts about your two weekly assigned walks and/or runs, each worth 15 points (225 points total; 45% of your overall grade**). Photos of your results attached to your discussion board post from one of the run tracker apps will be required. Thoughts and details in your discussion posts about your runs will be required to receive full credit. I want to know if your walks/ runs are getting more comfortable as the semester progresses, if you're sore from your workouts, what the weather was like, if anyone ran with you, and how hard you pushed your run, and so on. The location of your walks/ runs and whether you will run there again should also be included in these posts. These assignments will be due by 11:59p Sunday night each week. Multiple Runs are not allowed to be completed on the same day. Specific instructions are given to you when you turn your runs in for credit. Not following these instructions will cause you to get a zero for the assignment. The primary goal for the discussion portion of the course is to "talk" about what you are feeling on your runs, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether you give correct answers but will be based on your content. Please use the "Create Message" function to begin a new post and the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and on the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)

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.

Be advised – I do not accept late work for any reason.

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.
10. Editing photos for workouts that you have not completed.

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

Please read the following information if you are unsure about taking an online course. I will not have time to teach students how to use a computer to complete this course. Make sure an online class is right for you before beginning this course.

- *Online vs Traditional*

What online classes are

Online classes are a great alternative to the traditional classroom environment, provided **you are a motivated, self-disciplined, and responsible learner**. The lack of face-to-face contact in an online course can present a challenge to students who like and learn best by the social interaction of a traditional classroom environment. That doesn't mean that if you are one of those students you shouldn't take an online class, it means that you need to understand what is involved before you begin and plan accordingly.

Online courses are taught nearly entirely over the Internet. This means that you do not have to physically come to campus and sit in a classroom, so you could take a course from anywhere in the world if you want. Your instructor's lectures, usually brief, are in a text format and can be read from your computer screen or can be printed out and read later.

What online classes aren't

Students sometimes believe that online courses are an easy alternative to the traditional method of classroom instruction and that there won't be as much work. In most instances, this is simply not the case. Online courses are just as rigorous as any on-campus course, sometimes more so because this method of instruction places more responsibility for learning on you, the student. You do not have an instructor physically in the classroom giving you your next assignment or reminding you of due dates. You also lack immediate feedback and instant answers to your questions. However, you do have access to these essential elements via your computer and the Internet.

- **What Are The 10 Myths About Online Education?**
    - Myth #1 – I can do assignments anytime
    - Myth #2 – Online courses do not follow the regular semester
    - Myth #3 – I can "hide" and remain anonymous in an online class
    - Myth #4 – Personal attention doesn't exist in an online class
    - Myth #5 – Online classes are easier
    - Myth #6 – Broken computers are acceptable excuses
    - Myth #7 –The college will provide me with a computer for this class
    - Myth #8 – I will be taught how to use a computer as part of my online class
    - Myth #9 – Procrastination is OK in online classes
    - Myth #10 – I can cram all my work into one login session
- *Technical Skills*

    How do I know if online classes are for me?

    Below you will find some questions to ask yourself BEFORE taking an online class:

    Do I have the minimum technical skills necessary to take an online class? While you don't need to be a computer genius to take online classes you do need some basic computer skills. You need to know how to:

    - Turn your computer on and off
    - Word process (type, cut, paste, copy, name, save, rename, etc.)
    - Log into your class before the semester begins
    - Log on to the Internet
    - Send email
    - Attach files to email messages
    - Download information from the Internet
    - Browse the Web
    - Ask questions of your instructor
    - Whom to call with technical questions when you don't understand something

    To be successful in an online course, it is **absolutely necessary** to have a minimum knowledge base of computers and a word processing. These are easy skills to learn but not at the same time that you begin to take your first online class.

- *Access*

    Do I have consistent access to a computer and the Internet? It is preferable that you have your own computer. If not, you will have to rely on someone/someplace else for computer and Internet access. Ask yourself these questions: Is this person/place reliable so that I can complete my assignments when I am able to do so and in a timely fashion? Do I have a back-up plan in case my computer isn't working?

    Having your own computer and Internet access is the best solution, however there are other ways, though less flexible, to take online courses. Public libraries usually have access, but many will not let you use their computers for extended periods of time or bring in your own disk from home. Some print shops have computers that you can use for a fee. These would all be great alternate plans in case your computer breaks down, but should not be relied on as your primary computer access.

Check you internet speed here https://fast.com/

- *Type of Student*

What kind of student am I? Taking an online course requires discipline and motivation. You must take the initiative to complete assignments and participate in discussions within the specified time frame without instructor prodding. Your grade may depend on your active participation. In addition, you are accountable to follow the syllabus and know when assignments are due. And you should ask questions when you are lost or confused. Your instructor cannot see that "puzzled look" on your face; therefore, it is your responsibility to contact him/her to get your questions answered.

Think back to some of your on-campus courses and assignments. Do you tend to do complete work on time or before the due date or do you procrastinate? Do you cram for tests? How, when and where do you study? Do you prefer to study alone or in a group? Do you prefer reading a textbook, listening to a lecture or seeing pictures and diagrams? The answers to these and other questions are important for you to know before you take an online class.