Syllabus Adjustments for class

Attendance is required for class. Choose the setting for your class either Face to Face – Actually in class OR Online by weekly workout reports. The word Attendance will be used throughout this syllabus as it relates to the actual class you are in so understand which situation applies to you as to Face to Face OR Online. Class attendance will be adjusted as needed to meet special circumstances encountered. Special assignments may be used in order to accommodate these special circumstances. If you are sick or have ANY symptoms of being sick please contact me via email at [bbradshaw@southplainscollege.edu](mailto:bbradshaw@southplainscollege.edu) and arrangements will be made. Please do not come to face to face class if you are showing any symptoms of being sick. I will work with you in order to keep you up with any work you may have missed. If you are placed in the hospital for any reason please inform me of your situation using my email address or have someone inform me if you are not able to yourself and we can adjust your class work to keep you up to date.

The semester is in your control by wearing your mask, social distancing and limiting the things you do at and outside of school. In order for us to return to some kind of normal it takes everyone doing their part and being responsible for their actions. Your actions or lack of actions can change everyone’s future, so please think about what you are doing and be as safe as possible.

IF FACE TO FACE CLASSES HAVE TO CLOSE AND GO ONLINE ONLY BE PREPARED TO COMMUNICATE THROUGH YOUR SPC EMAIL ADDRESS…………..

Stay in communication with me during the semester and we will forge through this together. You will be updated as needed if conditions change for our class. Watch your SPC email address for updates and notifications. Stay current on the SPC regulations and requirements.

My cell number is 806-543-9277 if you need to call me for any reason…please call between 8am and 6pm and I will return your call as soon as possible. If you leave me a message, please speak clearly and leave me your name and the class you are enrolled in and your situation.

**South Plains College**

**Department of Kinesiology**

**SYLLABUS - KINE 1107**

**Walk, Jog, Run (face to face OR online)**

**Instructor**: Bart Bradshaw **Office Phone**: 806.716.2478 **Cell:** 806-543-9277 (8am-6pm)

**Office: Texan Dome #102 (front entrance then left wing)** **Email**: [bbradshaw@southplainscollege.edu](mailto:bbradshaw@southplainscollege.edu)

**In Office Hours**: 7:15-8:00 M/W TD-102

**Virtual Office Hours** (email or cell phone) 8:00-11:15 T/TH

Friday by cell phone or appointment

**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:

* 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.
* Discover a WJR activity he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of instructor.
* Remember methods used to prevent and treat common jogging injuries.
* Experience a higher level of cardiovascular fitness. This objective will be measured by a pre/post one mile WJR test.

**Course Requirements:**

* Text: None
* Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans!

Athletic shoes only! Students will lose 3 points off of their attendance/participation grade if they are not dressed properly.

* Positive attitude
* Willingness to follow instruction
* **Participation in class activities!!**

# Grading Policy

Final grades will be determined as follows:

* 2 Tests (pre and post 1 mile timed runs) @ 25 points each: 50 points
* 1 Final (3 mile run) @ 30 points 30 points
* Attendance @ 20 points 20 points
  + 3 points deducted for each absence (undocumented assignments) up to 4 absences. ON your 5th absence (undocumented assignments) you will be dropped! No Exceptions!!

**Total: 100 points**

**Final Grade Point Total**

A 90-100

B 80-89

C 70-79

D 60-69

F 0- 59

**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 pre and post 1 mile run for time.
* If a test is missed, it must be taken the first day as soon as possible.

**C. Final Exam**

* The final exam will be a 3 mile run for time.
* If you have 2 or less absences (undocumented assignments), you are exempt. (NO EXCEPTIONS)

1. **Attendance Policy:**

**Students need to inform me prior to an absence due to a school sponsored activity.**

* If you are late to class or reporting assignments, 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.
* Drops will be made by the instructor for excessive absences (undocumented assignments), 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

1. **Additional Information: Face to Face class**
2. Lockers are free. First come first serve. Locks need to be removed at the end of the semester.
3. We do not provide towels.
4. No food or drink in class. Water is acceptable.
5. Do not eat a heavy meal prior to class.
6. Use the restroom prior to class.
7. Hats are allowed.
8. To communicate with you throughout the semester use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

2-WORKOUTS PER WEEK ONLINE USE AN APP LIKE “MAP MY RUN” AND EMAIL THEM TO [bbradshaw@southplainscollege.edu](mailto:bbradshaw@southplainscollege.edu) AT THE END OF EACH WEEK

Label it with the date and your name.

**KINE 1107 Walk, Jog, Run-**

***All class days will begin with a warm up stretching and cardio session. This will involve jogging, walking, lunges, stairs, pushups, sit ups, sprints, squats, etc.***

WALK \* JOG \* RUN

2-WORKOUTS PER WEEK ONLINE USE AN APP LIKE “MAP MY RUN” AND EMAIL THEM TO [bbradshaw@southplainscollege.edu](mailto:bbradshaw@southplainscollege.edu) AT THE END OF EACH WEEK

Label it with the date and your name.

Week/Day Activity

WK 1/1 - CLASS EXPLANATION AND PROCEDURES

2 - STRETCHES & 2 MILE WALK

WK 2/3 - 2 MILE BRISK WALK

4 -2 MILE BRISK WALK

WK 3/5 - 1 MILE WALK & 1 MILE JOG

6 - 1 MILE WALK & 1 MILE JOG

WK 4/7 - 1 MILE WALK & 1 MILE JOG

8 -1 MILE WALK & 1 MILE JOG

WK 5/9 - ½ MILE WALK & 1 ½ MILE JOG

10 - ½ MILE WALK & 1 ½ MILE JOG

WK 6/11 - ½ MILE WALK & 1 ½ MILE JOG

12 - ½ MILE WALK & 1 ½ MILE JOG

WK 7/13 - 1 MILE WALK & 2 MILE JOG

14 -1 MILE WALK & 2 MILE JOG

WK 8/15 - PRE TEST 1 MILE RUN

16 -1 MILE WALK & 2 MILE JOG

WK 9/17 -1 MILE JOG & 1 MILE RUN

18 -1 MILE JOG & 1 MILE RUN

WK 10/19 -1 MILE JOG & 1 MILE RUN

20 -1 MILE JOG & 1 MILE RUN

WK 11/21 -1 MILE JOG & 1 MILE RUN

22 -1 MILE JOG & 1 MILE RUN

WK 12/23 -1 MILE WALK, 1 MILE JOG & 1 MILE RUN

24 -1 MILE WALK, 1 MILE JOG & 1 MILE RUN

WK 13/25 -1 MILE WALK, 1 MILE JOG & 1 MILE RUN

26 -1 ½ MILE JOG & 1 ½ MILE RUN

WK 14/27 -1 ½ MILE JOG & 1 ½ MILE RUN

28 -2 MILE JOG & ½ MILE RUN

WK 15/29 -2 MILE JOG & ½ MILE RUN

30 -2 MILE JOG & ½ MILE RUN

WK 16/31 - {3 MILE FINAL EXAM IF YOU HAVE MORE THAN 2 MISSING ASSIGNMENTS}

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.

**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.