

**SOUTH PLAINS COLLEGE  
DEPARTMENT OF KINESIOLOGY  
KINS 1107**



Instructor: Kiley Leone  
Course Title: Walk, Jog, Run  
Available Formats: Online  
Email: [kleone@southplainscollege.edu](mailto:kleone@southplainscollege.edu)  
Office Hours: Mon, Wed, Fri: Reese Building 2 Basement, Plainview PLV 129  
Make an appointment

**SUPPLIES**

- Text: none
- Must have a method to track steps, distance, miles, pace (ex: phone, apple watch, similar watch options)
- Internet and phone applications will be used
- Workout top, bottom and sneakers

**COURSE DESCRIPTION**

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.

**COURSE OBJECTIVES**

Each student will demonstrate an appropriate level of competence in the following skills:

- Recall basic terminology, training principles, and safety guidelines of a WJR program.

- Recall the knowledge of proper nutrition and its implications for sport performance, physical fitness, and wellness.
- Demonstrate the ability to monitor heart rate during exercise and rest.
- Discover a WJR activity he/she enjoys and make it a regular part of a healthy lifestyle.
- Remember methods used to prevent and treat common jogging injuries.
- Experience a higher level of cardiovascular fitness.

## **ATTENDANCE**

- You must participate and accomplish workouts to receive attendance.

## **PLEASE NOTE**

This syllabus and course calendar are subject to change at my discretion due to the COVID pandemic.

## **ACADEMIC INTEGRITY**

Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *he or she will receive an F and administrative withdrawal.*

## **GRADING**

(Dates are dependent on the weather due to using the outdoors)

- |                        |      |
|------------------------|------|
| • Participation        | 60%  |
| • Nutrition Log        | 10 % |
| • Community Assignment | 5 %  |
| • Future Plans         | 10%  |
| • Post Test            | 5 %  |
| • Written Final        | 10%  |

**A** 90-100%

**B** 80-89%

**C** 70-79%

**D** 60-69%

**E** 59% or below

## **ADA 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 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 through the Guidance and Counseling Centers at Reese Center (Building 8) [716-4606](tel:716-4606), or Levelland (Student Services Building) [716-2577](tel:716-2577)

## **ADMINISTRATIVE DROP POLICY**

Due to Financial Aid and South Plains College requirements for participation/attendance a student who fails to turn in 5 assignments during the semester may be dropped from the course with a grade of "X" or "F" (at my discretion). If missed assignments occur after the final drop date the grade will be "F." NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments and/or discussions totaling 5 or more.

## **CONCEALED CARRY**

The 84th Texas legislature passed Senate Bill 11, commonly known as the "campus carry" bill went into effect on August 1, 2017. Individuals holding a licensed to carry (LTC) or concealed handgun license (CHL) holders will have the legal right to carry a concealed handgun onto community college campuses; however, they **cannot** openly carry the handgun.

South Plains College's detailed policy required by Senate Bill 11 can be found at this link: [Policy HHC - Concealed Carry of Handgun \(Campus Carry\)](#).

*I hope you learn a lot and enjoy this class.*

*Try to incorporate all this information  
into your personal life.*