

**SOUTH PLAINS COLLEGE
DEPARTMENT OF KINESIOLOGY
KINE 1109**

Instructor: Kiley Leone
Course Title: Cardio Core Conditioning
Available Formats: Conventional
Campuses: Reese, Plainview
Email: kleone@southplainscollege.edu
Office Hours: Mon, Wed, Fri: Reese Building 2 Basement, Plainview PLV 129
Make an appointment

SUPPLIES

- Text: none
- Internet and phone applications will be used
- Notebook
- Workout top, bottom and sneakers
- May bring towel and water

COURSE DESCRIPTION

Students will master the skills, principles and fitness level 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.

COURSE OBJECTIVES

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

- Understand and demonstrate proper and safe use of cardiovascular exercise equipment.
- Identify and locate various muscle groups and the exercises that effectively train those muscle groups to develop muscular endurance.
- Understand and apply the basic principles of cardiovascular exercise to develop a training program based upon their personal goals and objectives.

ATTENDANCE

- If you are late to class I will determine if it is considered late or an absence depending on when you arrive.
- Excused absence: Students who participate in a documented college sanctioned event, death in the family, observing a religious holiday, too ill to participate in class (doctors note required) or an emergency (at the discretion of the instructor).
- The student is dropped after 5 unexcused absences

ADDITIONAL INFORMATION

- Positive attitude and respect or will be asked to leave class ****
- Willingness to follow instructions*****
- Participation in class activities*****
- On time*****
- No late assignments*****
- Any question or concern please come see me.
- No cell phones out during class unless told to do so.
- No food or drink in class. Water is acceptable.
- Do eat prior to class, but not a heavy meal.
- I will use the Remind app to communicate with you throughout the semester. You are not able to text me back through this app so use the email provided to you on this syllabus if you need to contact me.

PLEASE NOTE

This syllabus and course calendar are subject to change at my discretion. DUE TO THE COVID PANDEMIC this class may go online at any point during the semester and the syllabus can change at any time due to changing circumstances.

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)

- Attendance & Participation 60%
- Fitness Log 10 %
- Nutrition Log 10 %
- Community Assignment 5 %
- Psychomotor 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.

I_____ have read and understand all the information on this syllabus for PHED_____.

Print name_____

Date_____

Phone # _____

E-mail_____

Write your phone number and email legibly!!!!

Are there any health issues we should be concerned about before you start this program? (circle one)

No:

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**