

**South Plains College
Department of Kinesiology
KINE 1107
Walk, Jog, Run Online**

Instructor: Sean Bingham
Office: Kinesiology Building #106
Office Hours: M/W 8:00 am - 9:15 am,
T/TH 9:15 am - 11:00 am,
Friday 9 am - 10 am

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Purpose:

This course will educate students with the 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:

- 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 he/she enjoys 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
- Apps: Map My Run, Nike Run Club, or Run Keeper
- Completing two assigned workouts per week, physical fitness tests, discussion boards, and assignments are all requirements that will calculate into your overall grade this semester.
- You will be required to track your workouts through a specific app using either a phone, watch, or GPS that you can download an app to and include details of date, time, and length of run or walk. There are no exceptions to this requirement. If you do not have access to this type of equipment, then you will not be able to take this online class.
- Participation in all workouts and activities.

Grading Policy

Final grades will be determined as follows:

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| • Participation/Attendance (Workout video and photo of running app results with map) | 65 points |
| • Pre-Physical Fitness Test | 10 points |
| • Discussion Board | 15 points |
| • Post-Physical Fitness Test | 10 points |

TOTAL	100 points
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Final Grade	Point Percentage	Point Total
A	90-100%	90-100
B	80-89%	80-89
C	70-79%	70-79
D	60-69%	60-69
F	Below 60%	Below 60

II. Course Evaluation

A. Attendance/ Participation

- Each workout, you are required to submit a screenshot from your running app, and a brief description of your thoughts about the assigned workout, accounting for a total of 60 points (constituting 60% of your overall grade). *Results from a running tracker app must include crucial details such as date, time, distance, map, and any other pertinent information.* To ensure full credit, provide insights and specifics about your workout and run, addressing aspects such as the evolving comfort of your workouts throughout the semester, any muscle soreness, prevailing weather conditions, its impact on your performance, whether you had company during your workout or run, the level of exertion, and any additional information you wish to share. The submission deadline for these assignments is 11:59 pm every Sunday. **Performing multiple workouts or runs on the same day is not allowed.** Adherence to specific instructions for the run is crucial to receiving credit; failure to comply will result in a zero for the assignment. While the course's discussion component encourages an informal and conversational approach to expressing your feelings about the assigned workout, it is essential to maintain proper grammar and spelling, avoiding text message language. Grades for these assignments will not be based on correctness but rather on the quality of your content.

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.

C. Pre and Post-Physical Fitness Test

- Complete all exercises to the best of your ability without stopping. At the end of the semester, we will compare the two tests to see how well you improved over the semester.

I. Attendance/ Participation Policy:

- There are NO excused absences! All absences are equal. (Absence = 0 participation points)
- To earn participation points you will need to submit a video and photo of your running app results.
- In certain situations, classes may be made up to avoid the grade penalties outlined above. (See me if this occurs.)

II. Course Syllabus Statement

<https://www.southplainscollege.edu/syllabusstatements/>

III. Covid Information

<https://www.southplainscollege.edu/emergency/covid19-faq.php>