

South Plains College
PHED 1109
1/6/2020

Department: Kinesiology

Discipline:

Course Title: Cardio Core Conditioning

Available Formats: conventional, internet

Campuses: Reese, Plainview

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.

Credit: 2 ONLINE: 3

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 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.

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

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.

