



## KINE 1107 Walk, Jog, Run

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Instructor: Brandi Cook

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Office Phone 806-293-6045

Office Hours: Monday 4:00-4:30 (other by appointment)

**Purpose:** This course will educate students on 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 they enjoy 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
- You are not allowed to use treadmills in this course. (DO NOT ASK TO USE TREADMILLS FOR YOUR WORKOUTS. )
- Completing two assigned workouts per week, 15 weekly discussion boards, two tests, and one final exam



- You will be required to track your workouts through an app using either a phone, watch, or GPS. The specific app you must use will be given to you during the first week of class. There are no exceptions to this requirement. If you do not have access to this type of equipment, you will not be able to take this online class.
- Participation in all workouts and activities.
- You must follow all instructions exactly as they are laid out for each workout to receive credit for your assignments.
- All workouts must be kept for the entire semester on your app. Students may be called in to meet with me in person at any time throughout the semester and must have their app with all their workouts available. Students who do not have their workouts saved will not receive any credit for past workouts if they cannot show proof through the Map My Run app when they are called to set up a meeting.
- I will meet with students in person if you have any questions that you prefer talking about face to face.

The primary goal for the discussion portion of the course is to "talk" about what you are feeling on your runs, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether you give correct answers but will be based on your content. Please use the "Create Message" function to begin a new post and the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and on the subject matter. \*(Students who do not comply with this last statement will be dropped from the course.)

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

### **Course Credits**

One (1) credit hour.

### **Prerequisite and Co-requisite Courses**

None



### **Prerequisite Skills**

None

### **Course Delivery**

Face to face.

### **Class Rules**

- Have fun, enjoy what you're doing and don't be afraid to "fail"
- Positive environment. I will not tolerate any negativity or disrespect towards your peers.  
We are here to grow and work together to achieve a common goal.
- Athletic/exercise apparel must be worn when in class. No jeans/sandals/boots/flip flops, cargo shorts/swim trunks or revealing clothes...No "street" clothes.
- Do not interrupt other classes.
- Be ON TIME
- It is your responsibility to notify me beforehand if you intend on missing class for whatever reason. This can be done via email.

### **Course Delivery**

This class meets face-to-face on Mondays -Friday at PCHS in room 206. From there we may move depending on the activity to be completed. The Blackboard Learning Management System and Google Classroom will be used for assignments and other course work.

### **Required Text:**

None

### **Required Materials**

Students will need a spiral devoted solely to this class, a folder, computer, pen and/or pencil, and a paper planner. These supplies are mandatory daily. Students will also be required dress appropriately for the activities at hand.

### **Communication**

Please feel welcome to contact me in person (at class time or during office hours), by phone (293-6045), or by email. For asynchronous communication - email or phone messages - I will make every effort to respond within one business day. I am on the PCHS campus in the mornings and the PHS campus in the afternoons.



## Grading System

Course grades will be dependent upon completing course requirements by the assigned deadlines and satisfying the student learning outcomes. Students not participating or feigning participation will receive a zero. Students must dress appropriately to use the equipment. Students who are not dressed out will receive a zero as their grade for the day.

Assessment	Percent/Points of Total Grade
Attendance	25%
Participation	25%
Group presentation	25%
Skills Test	25%
<b>Total</b>	<b>100%</b>

The following grading scale will be used

- A - 90% and above
- B - 80% or above but less than 90%
- C - 70% or above but less than 80%
- D - 60% or above but less than 70%
- F - less than 60%

I reserve the right to adjust grades upwards from the indicated ranges.

Per district policy, a minimum of twelve grades will be taken per grading period (or two per week). The breakdown of those grades is provided below.

Tests –40%

Students will take a minimum of two formal assessments per six weeks grading period per grading policy. No extra time will be granted to students who do not complete the test in the assigned time, except in the case where a student receives an extra-time accommodation.

Tests will be conducted by paper or online. For tests administered online, all students must be logged in to their school account which is accessible by GoGuardian. If a student takes a test outside of a GoGuardian accessible account, this will be considered



cheating, and the student will be subject to the Collegiate High School disciplinary policy. There will be no warnings.

#### Daily Work—60%

Daily work grades will be taken from work assigned in class or given as homework, including notes. You will also be graded on participation in our activities, ability to complete skills correctly, and a variety of projects showcasing our topics.

#### Academic Integrity

Students are expected to maintain complete honesty and integrity in all work.

Academic honesty: Academic misconduct includes cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, violations of published professional ethics/standards, and any act or attempted act designed to give unfair academic advantage to oneself or another student. Choosing to participate in any type of academic dishonesty could result in being dropped from the class, placement on academic suspension and removed from all dual credit/college level classes, and/or removal from the Collegiate program.

**Students who are falling behind or struggling are STRONGLY encouraged to attend Study Hall in the cafeteria for extra guidance.** Study hall is available Monday through Thursday, 7:30-8:00 am & 4:00-4:30 pm in the PCHS Cafeteria

#### Late Work:

Students should submit all work on time. Work turned in past this point is considered late. Per Collegiate High School policy, an assignment that is one day late will receive an automatic twenty-point deduction. An additional ten points will be deducted for the second and third days of late work. After three days from the assignment's due date and time, students will receive a zero.

- 1 Day Late= 80 is the highest possible score
- 2 Days Late= 70 is the highest possible score
- 3 Days Late= 60 is the highest possible score
- 4 or more= 0

**\* Students are responsible for the work that is submitted. This includes assignments that are submitted as a blank document or wrong file attached. Please make sure that what you submit is what you expect to be graded.**

#### Absences:



If a student is absent from class for **any reason**, the student must email his/her professors to inform them of the absence.

Students are responsible for material missed in class due to an absence (excused or otherwise). It is the student's responsibility to come to class on his/her own time (before school, after school, or homeroom) to get caught up. **If students miss class on the day of a previously announced reading check or test, students must make up the assignment upon returning to school.**

If a student has an **unplanned absence**, the student has two extra days for each day that the student was absent. This policy does not apply to school functions such as sporting events, UIL academic events, liberal arts events, etc.

### **Injuries**

You are still expected to attend class and participate. I will modify your exercises to accommodate your needs if possible.

### **Corrections:**

Per-college level policy, there will be no corrections for assignments and tests.

### **Tardy Policy:**

A student is tardy to class once the teacher's door is closed.

- 1st tardy: Marked by teacher in Skyward
- 2nd tardy: Marked by teacher in Skyward
- 3rd tardy: Lunch dhall - assigned by administrator
- 4th tardy: Lunch dhall - assigned by administrator
- 5th tardy: ISS – assigned by administrator

### **Incomplete Grade Policy**

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

### **Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.

### **Electronics Policy**

Cell Phone Policy: Cell phones will not be allowed in class. We will use our computers when internet access is necessary to complete work. Having a cell phone out will result in it being taken and turned into the office.



Headphone policy: Rarely, you will be permitted to use your headphones while in class. If headphones, earbuds, Airpods, or any other listening devices are placed in/over ears at any other time, they will be taken to the office. This includes Airpods that are “inactive.” Repeat offenses will result in disciplinary action or removal from class. Any headphones used will only be allowed to pair with your school issued computer.

### **Modifications to the Syllabus**

This syllabus, including grade evaluation and course schedule, is subject to modification on potentially short notice based on developing circumstances.

### **Course Schedule**

This is a tentative course schedule overview, subject to change. Current activities, assignments, and due dates will always be available on the class Blackboard/Google Classroom site.