

**South Plains College**  
**Department of Kinesiology**  
**KINE 1304**  
**Fitness & Wellness**

<b>Instructor:</b> Sean Bingham	<b>Office Phone:</b> 806.716.2233
<b>Office:</b> Lubbock Downtown #2018	<b>Email:</b> sbingham@southplainscollege.edu
<b>Office Hours:</b> T/TH 9:15 am - 11:00 am & Friday 9 am - 12 pm	

**Optional Textbook:**

Fit & Well, 12th edition or newer, Fahey, Insel, and Roth. McGraw Hill.

**Required App:**

**REMIND APP** – I will use the REMIND APP in this course as another means of communication. To sign up for this tool, you need to text the number **81010**, and send the following code as a text message **@kine1304fw**

You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it. Further Instructions on downloading the app will be on Blackboard.

**Course Description:**

This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, PowerPoint presentations, and textbook chapters will provide students with the necessary tools to take responsibility and make drastic improvements to their long-term personal health.

**Student Expectations:**

South Plains College's courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative learning, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and expectations.
- Keep up with assignments and readings.
- Ask for clarification about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Read discussion board postings and contribute postings that add to and advance the quality of the discussion.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussions and personal interactions.

**Course Evaluation:**

- 1) **Exams**, each worth 150 points. Each exam will consist of multiple-choice, true and false, and short-answer questions. The dates of the exams and the material covered in each exam are listed on the Course Calendar. Study examples and situations mentioned in the lecture, text, and PowerPoint presentations.
- 2) **Homework Assignments** will be completed over the semester. These assignments can be found under Course Content, listed by their due date. It is to your advantage to turn in these assignments on time!

## Final Grades:

- Examinations: 450 points
  - 2 Homework assignments: 150 points
  - DB activities and labs: 400 points
- Total: 1,000 points**

<b>Final Grade</b>	<b>Point Percentage</b>	<b>Point Total</b>
A	90-100%	900-1000
B	80-89%	800-899
C	70-79%	700-799
D	60-69%	600-699
F	Below 60%	Below 600

\*\* I expect you to look over PowerPoints before class. This exposes you to the material, promotes discussion, and makes it easier for you to understand the PowerPoint slides and take good notes. You are expected to participate in class discussions. Excuses for late work, such as "The network was down," or "I could not figure out how to post or send the assignment," are not acceptable.

\*\*\* All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang, regional idioms, and informal kinds of self-expression are appropriate in some contexts, they are out of place in academic writing. Writing instructors and professors in courses across the campus expect all students to demonstrate proficiency in using the conventions of

## 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 in 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. See the Common Course Syllabus for more details. \*\*\* Remember: You will get out of this class what you put into it!\*\*\*

**Plagiarism and Cheating:** Students are expected to do their work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

- Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail-order term paper mill;
- Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
- Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them
- Missing in-text citations; or
- ***Copying and pasting from a website or other sources except from the textbook or PowerPoint.***

Cheating violations include, but are not limited to, the following:

- Obtaining an examination by stealing or collusion;
- Discovering the content of an examination before it is given;
- Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
- Entering an office or building to obtain an unfair advantage;
- Taking an examination for another;

- Altering grade records;
- Copying another's work during an examination or on a homework assignment;
- Rewriting another student's work in Peer Editing so that the writing is no longer the original student's.
- Taking pictures of a test, test answers, or someone else's paper.

### **Student Code of Conduct Policy:**

Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither the instructor nor the student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class. Course/Instructor Evaluation: You will be allowed to evaluate this course and its instructor frequently. I will actively solicit your written feedback, be it positive or negative, throughout this semester, and I will use it to make needed changes regarding the course content, delivery, and evaluative procedures. You will also complete a more comprehensive evaluation at the time of the final examination.

### **Course Syllabus Statement**

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