

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

**Instructor:** Ryan Heth  
**Office:** Kinesiology Building #107  
**Office Hours:** Will Discuss

**Office Phone:** 806.716.2234  
**Email:** [rheth@southplainscollege.edu](mailto:rheth@southplainscollege.edu)  
**Text:** Will set up Remind app text messages

**Purpose:** This course will educate students with 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. This objective will be measured by a written quiz and final exam.
- Recall the knowledge of proper nutrition and its implications for sport performance, physical fitness, and wellness. This objective will be measured by a quiz and final exam.
- 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. This objective will be measured by final exam.
- 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 instructor.
- Experience a higher level of cardiovascular fitness. This objective will be measured by physical testing.

**Course Requirements:**

- Text: None
- Required to attend and participate in 3 face to face class days throughout the semester. The meeting dates will be September 6<sup>th</sup>, October 18<sup>th</sup>, and December 6<sup>th</sup>. We will meet at the SPC Reese Campus in building #2 at noon.
- Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans to class. Athletic shoes only! Students will lose 30 points off their final point total if they do not dress accordingly during our three face to face class days.
- Two assigned run or walks per week.
- **You will be required to track your workouts through a phone, watch, or computer that details date, time, and length of run or walk. There are no exceptions for 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 class activities!

**Grading Policy**

Final grades will be determined as follows:

- 2 face to face days with written and physical tests @ 75 points each - 150 points
- 1 face to face final exam with a written and physical test @ 100 points - 100 points
- 1 Live Race with photos of shirt, bib, and finish line @ 75 points - 75 points
- 15 weekly discussion boards w/ photos of running app results @ 5 points each - 75 points
- Activity Logs turned in at end of the semester with VO2 max @ 50 points - 50 points
- 2 walking/ running/ work out articles reviews @ 25 points each - 50 points

**Total: 500 points**

<b>Final Grade</b>	<b>Point Percentage</b>	<b>Point Total</b>
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

## Course Instructions

Instructions for this course will come from the Course Instruction Tab on blackboard. There are many ways to get to the information you will need, but this is probably the easiest way to navigate the course. **These course instructions will cover everything you need to know for this course from the beginning to the end. If you are ever in doubt please look at these instructions.**

## Course Evaluation:

1. There will be **three face to face class days in the beginning, middle, and end of the semester, each worth 75-100 points (250 points total; 50 % of your overall grade)**. We will complete in class worksheets, quizzes and final exams on these days along with a physical walking/ running test. Students will not be graded on how fast they walk or run but on whether they participate and give effort or not.
2. **One local or state walking/ running fun run or race with a minimum distance of 5k worth 75 points (15 % of your overall grade)**. You will be required to sign up and run or walk in a race of your choice. Some of these races may charge an entry fee which you will be responsible for. There are some races that are free or as little as \$5 to \$25 dollars to participate in. I don't require a book in this class because of the cost of the race. You may choose races anywhere in the state if you choose to do so. We have many great local races around the Lubbock / West Texas area. There are numerous websites that post races on them but these are two websites that I would recommend looking at first.  
<https://runningintheusa.com/race/list/tx/upcoming>  
<http://wtrunning.com/2014/>  
I will also post races throughout the semester on blackboard. This will also be covered in our first face to face meeting. You must have pictures of your race shirt, bib, and you at the finish line to get credit for this portion of the class.
3. **Fifteen weekly discussion board posts about your two weekly assigned walks and/or runs, each worth 5 points (75 points total; 15% of your overall grade)** Photos of your results attached to your discussion board post from one of the run tracker apps will be required. Thoughts and details in your discussion posts about your runs will be required to receive full credit. I want to know if your walks/ runs are getting easier as the semester progresses, if you're sore from your runs, what the weather was like and if it had an effect on you, did anyone run with you, how hard did you push your run, and so on. The location of your walks/ runs and whether you will run there again should also be included in these posts. These assignments will be due by 11:59p Sunday night each week. The primary goal for the discussion portion of the course is to "talk" about what you are feeling on your runs so it is fine to be somewhat informal and conversational, however check your grammar and spelling and do 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 or not you give correct answers, but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and pertaining to the subject matter. \*(Students who do not comply with this last statement will be dropped from the course.)
4. **Calendar activity log with all your walk/ run results** will be turned in at the end of the semester (50 points total; 10% of your overall grade). These logs will also contain your beginning and end of semester VO2 max calculations.
5. **Two reviews on news articles covering walking, running, or fitness in general, each worth 25 points (50 points total; 10 % of your overall grade)** will be emailed to me throughout the semester. You will need to summarize the article along with your opinion of the article and whether you feel like you learned anything from the article. These reviews will need to be at least a 3/4 of a page long with 12 point font.

**Administrative Drop Policy:** Due to Financial Aid and South Plains College requirements for participation/attendance a student who fails to complete and turn by the due date listed 6 total assignments will be dropped and either receive an "X" or "F" (at my discretion).

**I. Additional Information:**

- A. Lockers are free. First come first serve. Locks need to be removed at the end of the semester.
- B. We do not provide towels.
- C. No cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal prior to class.
- F. Use the restroom prior to class.
- G. Hats are allowed.

**II. I will use the blackboard email tab along with the remind 101 app to communicate with you throughout the semester. I will post instructions for the remind 101 app on blackboard.**

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 at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Campus Concealed Carry –**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: ([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php))

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**I \_\_\_\_\_ have read and understand  
all the information on this syllabus for KINE\_\_\_\_\_.**

**Print name \_\_\_\_\_**

**Date \_\_\_\_\_**

**Phone # \_\_\_\_\_**

**Write your phone number and email legibly!!!!**

**E-mail \_\_\_\_\_**

**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.**