

**South Plains College**  
**Department of Kinesiology**  
**SYLLABUS- KINE 1107**  
**Walk, Jog, Run- Online 8 Week Course – Fall 2024**

**Instructor:** Ryan Heth

**Office Phone:** 806.716.2234

**Office:** Kinesiology Building #107

**Email:** [rheth@southplainscollege.edu](mailto:rheth@southplainscollege.edu)

**Office Hours:** Please see calendar located at the end of the syllabus. Also, on Blackboard.

**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. The objective will be measured by the final exam.
- Recall the knowledge of proper nutrition and its implications for sports performance, physical fitness, and wellness. This objective will be measured by the final exam.
- Demonstrate the ability to monitor heart rate during exercise and rest. This objective will be measured by assignments given throughout the semester.
- 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 workouts turned in throughout the semester.
- Experience a higher level of cardiovascular fitness. This objective will be measured by physical testing.

**Course Requirements:**

- Text: None
- You will be required to track your workouts using the Under Armour (Map My Run) app while wearing a GPS device such as a phone, watch, computer, or any type of technology that can download the required app. There are no exceptions to this requirement. ***If you do not have access to this type of technology, then you will not be allowed to take this online course.***
- Treadmills are not allowed to be used for the workouts in this course. ***Do not ask.***
- There will be specific workouts/ tests that you will be required to use a ¼ mile school track for. You must follow these instructions. Workouts on anything else besides a school track will not be graded.
- You must run outside so the GPS tracking device will work appropriately. Inside tracks do not work with GPS tracking devices.
  - As we all know, summer weather can get scorching in our region. Do not run in the heat of the day— complete your workouts in the morning, evening, or night.
- You are not allowed to complete more than one workout per day. I can track this on the GPS device through the pictures I require you to send me.
- There are three to four assigned workouts per week, along with two benchmark testing days and a final exam. All of these must be completed to receive a final grade in this course. If you are sick or injured, you must make up any missed workouts before the course ends. No credit will be given for workouts that are not completed
- I will monitor all students' workouts through the images you share in your discussion board posts. As an experienced instructor familiar with the Map My Run app, I can quickly identify any discrepancies. If I suspect that workouts are not being completed honestly, I will take two actions: First, I will require you to share your Map My Run account with mine so that I can monitor your workouts directly through the app. Second, if issues persist, you may be dropped from the course. Please ensure that this doesn't become necessary by maintaining integrity in your submissions.
- All workouts must be recorded and saved in the Map My Run app for the entire semester. Students may be asked to meet with me in person at any time during the semester and must have their app with all

workouts available. If students cannot provide proof of their workouts through the app during the meeting, they will not receive credit for those past workouts

### Grading Policy

Final grades will be determined as follows:

- Two physical running tests @ 80 points each - 160 points
  - One final exam @ 100 points - 100 points
  - Eight discussion boards w/ photos of running app results @ 30 points each - 240 points
- Total: 500 points**

Final Grade	Point Percentage	Point Total
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

### Weekly Course Instructions

Instructions for this course will come from the Unit Modules on blackboard. These weekly 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 exam days, in the beginning, middle, and end of the semester, each worth 75-100 points (260 points total; 52 % of your overall grade). These tests will be worth more than your regular weekly workouts. Do not miss these tests, as they will account for up to 50% of your overall grade.
2. **Eight discussion board posts (1 per week) about your three to four weekly assigned walks and/or runs, each worth 30 points (240 points total; 48% 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 more comfortable as the semester progresses, if you're sore from your workouts, what the weather was like and if it affected 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. **Multiple Runs are not allowed to be completed on the same day. There are specific instructions that are given to you when you turn your runs in for credit. Not abiding by these instructions will cause you to get a zero for the assignment.** 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 be sure to use the "Create Message" function to begin a new post. 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.)

A student who stops attending AND stops completing assignments, must take the responsibility of contacting the Registrar's Office to drop the class.

**I do not drop students for non-attendance. It is your responsibility to initiate the drop process if you decide not to complete the course. Students who stop attending and do not complete the coursework will receive an F at the end of the semester.**

**Plagiarism and Cheating:** Students are expected to do their own 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:

1. 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;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

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

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.
10. Editing pictures to look like workouts have been completed or adjust times and dates will be considered cheating.

**Please see the following links for the South Plains College General Syllabus Statements and the Covid Policy.**

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Levelland</i>	<i>Lubbock Downtown</i>	<i>Levelland</i>	<i>Levelland</i>	<i>Levelland</i>
8:00 - 9:15	KINE 1301-001 FOUNDATIONS OF KINESIOLOGY (Kinesiology 115)		KINE 1301-001 FOUNDATIONS OF KINESIOLOGY (Kinesiology 115)		
9:15 - 9:30	Available in Office		Available in Office	Office Hours 9:15 a.m. - 1:15 p.m. (Levelland campus)	Office Hours 9:30 - 10:30 a.m. (Levelland campus)
9:30 - 10:45	KINE 1336-001 SPORTS MANAGEMENT (Kinesiology 115)	KINE 1107-601 WALK, JOG, RUN (Downtown Center 1023)	KINE 1336-001 SPORTS MANAGEMENT (Kinesiology 115)		
10:45 - 11:00	Office Hours 10:45 a.m. - 1:00 p.m.	Office Hours 10:45 - 11:00 a.m.	Office Hours 10:45 a.m. - 1:00 p.m.		
11:00 - 12:15		KINE 1301-601 FOUNDATIONS OF KINESIOLOGY (Downtown Center 1023)			
12:15 - 1:00		Office Hours 12:15 - 1:00 p.m.			
1:00 - 2:15	KINE 1109-001 CARDIO CORE CONDITIONING (Kinesiology 112)		KINE 1109-001 CARDIO CORE CONDITIONING (Kinesiology 112)		
					TOTAL OFFICE HOURS: 11