

South Plains College
Department of Physical Education
SYLLABUS- PHED 1107
Walk, Jog, Run

Instructor: Ryan Heth

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Office Hours: We will discuss this on the first day of class

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 test one and 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 quiz 2, the video quiz, and the 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 the final exam.
- Discover a WJR activity they enjoy and make it a regular part of a healthy lifestyle. This objective will be measured by the observation of the instructor.
- Remember methods used to prevent and treat common jogging injuries. This objective will be measured by the final exam.
- Experience a higher level of cardiovascular fitness. This objective will be measured by a pre/post-test.

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID-19. You do not need to download the app for this to work. To sign up for this tool, you need to text this number, **81010**, and send the following code as the text message

@WJRT

You will receive a response confirming your registration. This is another option to communicate with me if you choose to use it. I will use it periodically throughout the summer to remind the class of due dates and other helpful information.

Course Requirements:

- Text: None
- We will meet for the first day of class in the Lubbock Downtown Center Building in Room 1023. After this first day of class, we will meet at Mackenzie Park for class unless I notify you of a change. On bad weather days, we may meet back inside, but this will be communicated before. You must be prepared for all types of weather while taking this course. I will discuss our meeting spot at Mackenzie Park on our first day of class.
- Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans! Athletic shoes only! Students will lose 3 points off their attendance/participation grade if they are not appropriately dressed.
- Positive attitude
- Willingness to follow instruction
- **Participation in class activities**

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 75 points each: 150 points
- 1 Final @ 100 points each 100 points
- Attendance @ 50 points 50 points
 - Ten points deducted for each absence up to 5 absences. On your sixth absence, you will need to drop the course or receive an "F" at the end of the semester.

Total: 300 points

| Final Grade | Point Percentage | Point Total |
|--------------------|-------------------------|--------------------|
| A | 90-100% | 270-300 |
| B | 80-89% | 240-269 |
| C | 70-79% | 210-239 |
| D | 60-69% | 180-209 |
| F | Below 60% | Below 180 |

A. **Attendance/ participation (refer to the attendance policy**

(These are subjective evaluations of the instructor.)

- Attendance Records (by instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. **Tests**

- The tests will cover the syllabus, text, lectures, and various articles and videos.
- If a test is missed, it must be taken the first day you return to class.

D. **Final Exam**

- The final exam will be comprehensive.

II. Attendance Policy:

Students need to inform me before an absence due to a school-sponsored activity.

- If you are late to class, depending on the time you are late, I will determine if it will be recorded as a tardy or absence. The same rule applies when a student LEAVES CLASS EARLY.
- NPs occur when a student is in attendance but cannot participate due to illness or injury. NPs are not used to study for exams or work on other class projects. 2 NPs = one (1) absence.
- The instructor will make drops for discipline and disregard for the class guidelines. The student will be responsible for dropping themselves after the administrative drop day.
TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

III. Additional Information:

- A. We do not provide towels.
- B. No food or drink in class. Water is acceptable. This is in the classroom; outside is fine.

- C. Do not eat a heavy meal before class.
- D. Use the restroom before class.
- E. Hats are allowed.

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. You are responsible for initiating 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.

Be advised – I do not accept late work for any reason.

Please see the following links for the South Plains College General Syllabus Statements and the Covid-19 Policy.

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

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