

KINE 2119.01
Monday/Wednesday 12:00-12:50pm
Aerobic Running
Sam Houston State University
Fall, 2017

Instructor: Joshua Wilkins
Email: jsw016@shsu.edu
Office Hours: By Appt Only

Program Coordinator: Randall Walton
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Instructor of Record- Dr. Gary Oden
Email: hpe_glo@shsu.edu

Meeting Place / Time: HKC Multi-Purpose Room/Upper Track Mondays and Wednesdays from 1200-1250

(Class will sometimes take place at Pritchett Field as well as specific trails determined ahead of time, depending on the weather)

Objectives:

1. To maintain and/or improve cardiovascular fitness through the application of beginning level jogging/running.
2. To incorporate a variety of training methods and routes/terrain which will assist in the development of a sound fitness program.
3. To provide a motivational tool to increase performance and to further develop cardiovascular endurance and self-confidence.
4. To encourage competency in a lifetime fitness activity.

Grading Policy:

Written Material - 200 points - (Instructor discretion: examinations, assigned work/reading, mileage chart, etc.)

Class Performance/Attendance- 130 points

Running Performance - 70 points - There will be two timed runs:

<u>Distance</u>	<u>Value</u>
1 Mile	30 points
2 Miles	40 points

Grade Scale:

360-400 points	A
320-359	B
280-319	C
240-279	D
Less than 240	F

1 Mile Standards			2 Mile Standards		
Female	Male	Points	Female	Male	Points
Faster than 7:00	Faster than 5:50	30	Faster than 15:45	Faster than 13:00	40
7:00 - 7:15	5:50 - 6:10	29	15:45 - 16:15	13:00 - 13:30	39
7:16 - 7:30	6:11 - 6:30	28	16:16 - 16:45	13:31 - 14:00	38
7:31 - 7:45	6:31 - 6:50	27	16:46 - 17:15	14:01 - 14:30	37
7:46 - 8:00	6:51 - 7:10	26	17:16 - 17:45	14:31 - 15:00	36
8:01 - 8:15	7:11 - 7:30	25	17:46 - 18:15	15:01 - 15:30	35
8:16 - 8:30	7:31 - 7:50	24	18:16 - 18:45	15:31 - 16:00	34
8:31 - 8:40	7:51 - 8:00	23	18:46 - 19:15	16:01 - 16:30	33
8:41 - 8:50	8:01 - 8:10	22	19:16 - 19:45	16:31 - 17:00	32
8:51 - 9:00	8:11 - 8:20	21	19:46 - 20:15	17:01 - 17:30	31
Slower than 9:00	Slower than 8:20	20	Slower than 20:15	Slower than 17:30	30

EXPECTATIONS:

Attendance is mandatory for all listed class sessions. Students are responsible for any material or work prior to the next class period from another student in the class. Any student who misses class because of a university activity, religious holiday, family emergency, military obligation or court imposed legal obligation should provide the instructor with proper documentation prior to (if possible) the projected missed date. In the case of a last second emergency an email should be sent to jsw016@shsu.edu prior to the start of class that date explaining the emergency. It is your responsibility to keep track of your number of absences. More than 7 absences throughout the semester will result in automatic failure of the class. In the event a student has perfect attendance during the semester, they will receive an extra 20 points to go towards their final grade.

Evaluation

Paper – How Does Aerobic Running Affect the Body?

This is your chance to to explain how aerobic running can benefit the body over a short term and long term period. Write a two-page double spaced paper explaining the changes that occur in the body after short term and long term exercises. You are expected to use correct grammar, punctuation, and spelling.

Participation – On Court/Field

You must **always** dress out each day in proper athletic attire. You will be required to follow the same dress code rules mandated by the Recreational Sports Department. This is an activity based course with a large emphasis on participation. **Your motivation and seriousness will decide what your participation grade will be. Unprofessional and unserious behavior such as not having your athletic apparel, not participating in group activities, not being on-time for the lecture, and similar behavior will all affect your grade negatively.**

CLASSROOM RULES OF CONDUCT

Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect. Students are to turn off cell phones with in classroom. Under no circumstances are cell phones or any electronic devices to be used or seen during time of examination. Students may tape or record lectures provided they do not disturb other students in the process.

POLICY ON SELF-PLAGIARISM

Self-plagiarism represents a significant problem in academia as it serves to undermine the learning process and outcomes that are a key feature of each course that is offered as a part of a student's curriculum. As a result, the Department of Kinesiology has a strict policy in place to prevent self-plagiarism in the classroom. Self-plagiarism is defined as the submission of any type of assignment that contains content that is recycled from other assignments or a prior publication that one submits for course credit in another course.

Each instructor is provided the discretion to evaluate whether a student has engaged in self-plagiarism on a course assignment. If a student is unsure whether use of prior content would constitute self-plagiarism, they must consult with the instructor of the course within a reasonable period of time prior to the due date of the assignment. In most cases, this consultation should take place a minimum of 10 business days prior to submission. Following submission of the assignment, if the instructor deems that the student has engaged in self-plagiarism, he or she has the right to state that the student has violated Section 5.3 of The Texas State University Rules and Regulations dealing with Academic Honesty and the student is thereafter subject to any and all penalties and punishments present in the policy. This may include failure of the assignment and/or failure of the course. Additionally, the student may be referred to the Department Chair of Kinesiology, the Dean of the College of Health Sciences, the Dean of Students, and/or the Provost and Vice-President for Academic Affairs for further academic review.

ACADEMIC DISHONESTY:

All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials. For a complete listing of the university policy, see: [Dean of Student's Office](#)

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY:

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Section 51.911 (a) (2) defines a religious holy day as: “a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20....” A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed. For a complete listing of the university policy, see:

</dept/academic-affairs/documents/aps/students/861001.pdf>

STUDENTS WITH DISABILITIES POLICY:

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail disability@shsu.edu). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class, then I encourage you to register with the SHSU Services for Students with Disabilities and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: No accommodation can be made until you register with the Services for Students with Disabilities. For a complete listing of the university policy, see:

<http://www.shsu.edu/dotAsset/7ff819c3-39f3-491d-b688-db5a330ced92.pdf>

VISITORS IN THE CLASSROOM:

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Tentative Class Calendar

8/23	Introductions/Syllabus	10/16	Practice 2 Mile Run
8/28	Practice 1 Mile Run	10/18	Aerobic Exercise
8/30	Straights/Curves (1 Mile)	10/23	Midterm
9/4	NO CLASS (Labor Day)	10/25	Aerobic Exercise
9/6	Online Day	10/30	Aerobic Paper Due
9/11	Quiz #1- Aerobic Exercise	11/1	Aerobic Exercise
9/13	40 Yard Sprints	11/6	Graded 1 Mile Run
9/18	Aerobic Exercise	11/8	40 Yard Sprints
9/20	100 Yard Sprints	11/13	100 Yard Sprints
9/25	Practice 1 Mile Run	11/15	Graded 2 Mile Run
9/27	Straights/Curves (1 Mile)	11/20	Aerobic Exercise
10/2	Aerobic Exercise	11/22	NO CLASS (Thanksgiving)
10/4	200m Sprints	11/27	Review Day
10/9	Quiz #2- Recovery	11/29	Final Exam
10/11	Aerobic Exercise		