



KINE 1109 Cardio Core & Conditioning

Instructor: Brandi Cook

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Office Phone 806-293-6045

Office Hours: Monday 4:00-4:30 (other by appointment)

Purpose: Students will master the skills, principles, and fitness level to become proficient in physical activity on their own. This course will focus on improving and strengthening the cardiovascular system and the core of the body. The class will promote physical fitness as a lifetime commitment to a healthy lifestyle

Outcomes: Each student will:

1. Students will understand the importance of cardio conditioning and core strength training exercises.
2. Students will demonstrate the ability to improve the level of cardiovascular fitness and core strength as a result of class training.
3. Students will demonstrate the ability to monitor and adjust exercise intensity.
4. Students will learn to calculate and monitor target heart rate using the Karvonen method.
5. Students will understand and apply the basic principles of cardiovascular exercise to develop a training program based upon their personal goals and objectives.
6. Students will be able to identify and locate various muscle groups and the exercises that effectively train those muscle groups to develop muscular endurance.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash clothes regularly.
- No cargo shorts, jeans, or jean shorts.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities



- You must follow all instructions exactly as they are laid out for each workout to receive credit for your assignments.
- All workouts must be kept for the entire semester in your journal. Students may be called in to meet with me in person at any time throughout the semester and must have their journal with all their workouts available. Students who do not have their workouts saved will not receive any credit for past workouts if they cannot show proof through their journal when they are called to set up a meeting.

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 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 you give correct answers but will be based on your content. Please use the "Create Message" function to begin a new post and the "Reply" function when responding to others. 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.)

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

Course Credits

One (1) credit hour.

Prerequisite and Co-requisite Courses

None

Course Delivery

Face to face.

Class Rules

- Have fun, enjoy what you're doing and don't be afraid to "fail"
- Positive environment. I will not tolerate any negativity or disrespect towards your peers.

We are here to grow and work together to achieve a common goal.

- Athletic/exercise apparel must be worn when in class. No jeans/sandals/boots/flip flops, cargo shorts/swim trunks or revealing clothes...No "street" clothes.
- Do not interrupt other classes.
- Be ON TIME
- It is your responsibility to notify me beforehand if you intend to miss class for whatever reason. This can be done via email.



Course Delivery

This class meets face-to-face on Mondays -Friday at PCHS in room 206. From there, we may move depending on the activity to be completed. The Blackboard Learning Management System will be used for assignments and other coursework.

Required Materials

Students will need a spiral devoted solely to this class, a folder, a computer, a pen and/or pencil, and a paper planner. These supplies are mandatory daily. Students will also be required to dress appropriately for the activities at hand.

Communication

Please feel welcome to contact me in person (at class time or during office hours), by phone (293-6045), or by email. For asynchronous communication - email or phone messages - I will make every effort to respond within one business day. I am on the PCHS campus in the mornings and the PHS campus in the afternoons.

Grading System

Course grades will be dependent upon completing course requirements by the assigned deadlines and satisfying the student learning outcomes. Students not participating or feigning participation will receive a zero. Students must dress appropriately to use the equipment. Students who are not dressed out will receive a zero as their grade for the day.

Assessment	Percent/Points of Total Grade
Attendance	25%
Participation	25%
Group presentation	25%
Skills Test	25%
Total	100%

The following grading scale will be used

- A - 90% and above
- B - 80% or above but less than 90%
- C - 70% or above but less than 80%
- D - 60% or above but less than 70%
- F - less than 60%

I reserve the right to adjust grades upwards from the indicated ranges.



Per district policy, a minimum of twelve grades will be taken per grading period (or two per week). The breakdown of those grades is provided below.

Tests –40%

Students will take a minimum of two formal assessments per six weeks grading period per grading policy. No extra time will be granted to students who do not complete the test in the assigned time, except in the case where a student receives an extra-time accommodation.

Tests will be conducted by paper or online. For tests administered online, all students must be logged in to their school account which is accessible by GoGuardian. If a student takes a test outside of a GoGuardian accessible account, this will be considered cheating, and the student will be subject to the Collegiate High School disciplinary policy. There will be no warnings.

Daily Work—60%

Daily work grades will be taken from work assigned in class or given as homework, including notes. You will also be graded on participation in our activities, ability to complete skills correctly, and a variety of projects showcasing our topics.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work.

Academic honesty: Academic misconduct includes cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, violations of published professional ethics/standards, and any act or attempted act designed to give unfair academic advantage to oneself or another student. Choosing to participate in any type of academic dishonesty could result in being dropped from the class, placement on academic suspension and removed from all dual credit/college level classes, and/or removal from the Collegiate program.

Educational Purpose

Students must use AI tools solely for educational purposes as directed by teachers or school authorities.

Using AI for non-educational purposes/activities or submitting AI work as original student work within the school context is prohibited and will result in discipline consequences.

Ethical Conduct

Students are expected to use AI technologies ethically, respecting copyright laws, privacy norms, and the intellectual property rights of others, AI should not be used to engage in plagiarism, cheating, or any form of dishonesty in academic work. AI work must not be submitted in the place of original student work. Doing so will result in disciplinary consequences.

Privacy and Data Protection

Students must be cautious when interacting with AI tools that require personal information. Sharing sensitive or personal data without proper authorization or oversight is prohibited. Students should understand the risks and implications of data sharing and seek guidance from teachers when necessary.



Respectful Interaction

Any form of communication with or through AI tools, including chatbots or virtual assistants, must adhere to the same standards of respect and decency expected in human interactions. Abusive, harmful, or disrespectful conduct through AI platforms is unacceptable.

Safety and Security

Students must not use AI to access or disseminate harmful or inappropriate content. Students should immediately report any security breaches, suspicious activities, or exposure to inappropriate content encountered during AI use to school authorities (teacher or school administration).

Resource Responsibility

AI resources, such as software, chatbots, or assistants should be used responsibly and not abused for the ease of use in creating original content. Students should ensure that AI tools are used responsibly, without unnecessary ethical implications.

Monitoring and Compliance

The school will monitor the use of AI technologies to ensure compliance with this policy. Monitoring will be conducted in an ethical manner.

Violations of this policy may result in disciplinary action, including but not limited to: restriction of access to AI resources, restriction of access to district technology, educational interventions, or other disciplinary measures as deemed appropriate by school administration.

- 1st offense: forfeiture of grade on assignment, student-teacher conference, documentation in Skyward
- 2nd offense: forfeiture of grade on assignment, parent-teacher-student-administrator conference, documentation in Skyward, discipline consequence
- 3rd offense: forfeiture of grade on assignment, parent conference, documentation in Skyward, discipline consequence(s), dismissal from PCHS

****Please see the PCHS honor code for more information.**

Students who are falling behind or struggling are STRONGLY encouraged to attend Study Hall in the cafeteria for extra guidance. Study hall is available Monday through Thursday, 7:30-8:00 am & 4:00-4:30 pm in the PCHS Cafeteria

Late Work:

Students should submit all work on time. Work turned in after due date and time are considered late. Per Collegiate High School policy, an assignment that is one day late will receive an automatic twenty-point deduction. An additional ten points will be deducted for the second and third days of late work. After three days from the assignment's due date and time, students will receive a zero.



- 1 Day Late= 80 is the highest possible score
- 2 Days Late= 70 is the highest possible score
- 3 Days Late= 60 is the highest possible score
- 4 or more= 0

*** Students are responsible for the work that is submitted. This includes assignments that are submitted as a blank document or wrong file attached. Please make sure that what you submit is what you expect to be graded.**

Absences:

If a student is absent from class for **any reason**, the student must email his/her professors to inform them of the absence.

Students are responsible for material missed in class due to an absence (excused or otherwise). It is the student's responsibility to come to class on his/her own time (before school, after school, or homeroom) to get caught up. **If students miss class on the day of a previously announced reading check or test, students must make up the assignment upon returning to school.**

If a student has an **unplanned absence**, the student has two extra days for each day that the student was absent. This policy does not apply to school functions such as sporting events, UIL academic events, liberal arts events, etc.

Injuries

You are still expected to attend class and participate. I will modify your exercises to accommodate your needs if possible.

Corrections:

Per-college level policy, there will be no corrections for assignments and tests.

Tardy Policy:

A student is tardy to class once the teacher's door is closed.

- 1st tardy: Marked by teacher in Skyward
- 2nd tardy: Marked by teacher in Skyward
- 3rd tardy: Lunch dhall - assigned by administrator
- 4th tardy: Lunch dhall - assigned by administrator
- 5th tardy: ISS – assigned by administrator

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.



Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.

Electronics Policy

Cell Phone Policy: Cell phones will not be allowed in class. We will use our computers when internet access is necessary to complete work. Having a cell phone out will result in it being taken and turned into the office.

Headphone policy: If headphones, earbuds, Airpods, or any other listening devices are placed in/over ears at any other time, they will be taken to the office. This includes Airpods that are “inactive.” Repeat offenses will result in disciplinary action or removal from class.

Diversity Statement:

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disabilities Statement:

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Special 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 Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 894-9611 ext. 2529.

Modifications to the Syllabus

This syllabus, including grade evaluation and course schedule, is subject to modification on potentially short notice based on developing circumstances.

Course Schedule

This is a tentative course schedule overview, subject to change. Current activities, assignments, and due dates will always be available on the class Blackboard/Google Classroom site.



Week	Topic	Important Info
Aug. 12-15		First Week of School
Aug. 18-22	Getting Started	
Aug. 25-29	Pickleball	SPC Classes
Sept. 2-5	Pickleball	6 wks reporting period
Sept. 8-12	Baselines	
Sept. 15-19	Behaviors/Self Image	End of first 6 wks
Sept. 22-26	Weight Management	
Sept. 29-Oct. 3	Cardiovascular Endurance	
Oct. 6-10		FALL BREAK
Oct. 14-17	Muscular Fitness	6 wks reporting period
Oct. 20-24	Muscular Flexibility	
Oct. 27-31	Nutrition	End of second 6 wks.
Nov. 3-7	Disease Prevention	
Nov. 10-14	Addictive Behaviors	
Nov. 17-21	Stress Management	6 wks reporting period
Nov. 24-18	Fitness Logs	THANKSGIVING BREAK
Dec. 1-5	Wellness projects	
Dec. 8-12	Finals	SPC FINAL GRADES DUE
Dec. 16-20		FINAL/Early Release

**This order is subject to change due to weather, sickness, adjustments needed for instruction, or unforeseen circumstances.*



KINE 1109
SPC 2025

Dear Parents and Guardians,

Please fill in the following information and return. Please make sure you understand all policies. If you have any questions, please email me.

Initial: I have read and understand the following...

_____ Syllabus

_____ Policies and Procedures

Student Name (please print) Student Signature

Parent Name (please print) Parent Signature

Contact Information if different from Skyward: (Circle your preferred contact number.)

Parent Name:

Parent Name:

Phone:

Phone:

Email:

Email:

If there is any important information about your child that you would like for me to be aware of, please write me a short note here.



Estimados padres y tutores,

Por favor, complete la siguiente información y regrese. Por favor, asegúrese de entender todas las políticas. Si tiene alguna pregunta, envíeme un correo electrónico.

Inicial: He leído y entiendo lo siguiente...

_____ Plan de estudios

_____ Políticas y procedimientos

Nombre del estudiante (por favor imprimir) Firma del estudiante

Nombre del padre (por favor imprima) Firma del padre

Información de contacto: (Marque su número de contacto preferido).

Nombre del padre:

Nombre del padre:

Teléfono:

Teléfono:

Email:

Email:

Si hay alguna información importante sobre su hijo que le gustaría que yo conociera, por favor escríbame una breve nota aquí.