**South Plains College**

**Kinesiology**

**SYLLABUS- KINE 1107**

**Walk, Jog, Run – Lubbock – Lecture – Hybrid - Tuesdays @ 9:30 am – Fall 2025**

**Instructor**: Ryan Heth **Office Phone**: 806.716.2234

**Office**: Kinesiology Building Levelland #107 **Email**: rheth@southplainscollege.edu

**Office Hours**: Posted on Blackboard

**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 to hopefully prevent you from showing up to class in case class is cancelled. This is not to be used for notifying me of an absence. 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 a text message

**@8ge448e**

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
* Being on time for class. I will discuss this on the first day of class.
* We will meet for the first day of class in the Lubbock Downtown Center Building in Room 1023. The address for this building is 1625 13th St, Lubbock, TX 79401

 After this first day of class, we will meet at Mae Simmons Park for class unless I notify you of a change. On bad weather days, we may meet back inside, but this will be communicated beforehand. You must be prepared for all types of weather while taking this course. I will discuss our meeting spot 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 instructions
* **Participation in class activities**

# Grading Policy

Final grades will be determined as follows:

* 2 Tests @ 80 points each: 160 points
* 1 Final @ 100 points each 100 points
* Attendance @ 240 points 240 points
	+ Twenty points deducted for each absence.

**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

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

*(These are subjective evaluations of the instructor.)*

* Attendance Records ( by instructor)
* Appropriate intensity
* Following instructions
* 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 on the first day you return to class.

**D. Final Exam**

* The final exam will be comprehensive.
1. **Attendance Policy:**

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

• You are allowed a maximum of two tardies throughout the semester, with each tardy permitted no later than 9:35 AM.
• No late starts will be allowed after 9:35 AM. Since this class meets only once a week, punctuality is essential.
• I will maintain attendance and tardy records on Blackboard throughout the semester.

1. **Additional Information:**
2. We do not provide towels.
3. No food or drink in class. Water is acceptable. This is in the classroom; outside is fine.
4. Do not eat a heavy meal before class.
5. Use the restroom before class.
6. Hats are allowed.

Please note that I evaluate each situation individually and do not automatically drop students due to attendance issues or missed assignments. If you decide not to complete the course, it is your responsibility to initiate the formal drop process. Students who stop attending classes and fail to complete coursework will receive an F at the end of the semester.

**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>