

South Plains College
Department of Kinesiology
KINE 1109
Cardio Core Conditioning- Online

Instructor: Sean Bingham
Office: Kinesiology Building #106
Office Hours: M/W 8:00 am - 9:15 am,
T/TH 9:15 am - 11:00 am,
Friday 9 am - 10 am

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Purpose:

Students will acquire the expertise, principles, and fitness necessary to independently excel in physical activities. The emphasis of this course will be on enhancing and fortifying both the cardiovascular system and the core muscles. The objective is to instill a lifelong dedication to maintaining a healthy lifestyle through the promotion of physical fitness in the class.

Outcomes:

1. Students will understand the importance of cardio conditioning and core strength training exercises.
2. Students will demonstrate the ability to improve their 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 on 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:

- Computer or other device for recording videos
- Apps: Map My Run, Nike Run Club, or Run Keeper
- Comfortable/ non-restrictive clothing and appropriate footwear.
- Positive attitude
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- | | |
|--------------------------------------------------------------------------------------|-----------|
| • Participation/Attendance (Workout video and photo of running app results with map) | 60 points |
| • Pre-Physical Fitness Test | 10 points |
| • 2 Tests (10 points each) | 20 points |
| • Post-Physical Fitness Test | 10 points |

TOTAL **100 points**

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
A	90-100%	90-100
B	80-89%	80-89
C	70-79%	70-79
D	60-69%	60-69
F	Below 60%	Below 60

II. Course Evaluation

A. Attendance/ Participation

- Each workout, you are required to submit a workout video, a screenshot from your running app, and a brief description of your thoughts about the assigned workout, accounting for a total of 60 points (constituting 60% of your overall grade). *Results from a running tracker app must include crucial details such as date, time, distance, map, and any other pertinent information.* To ensure full credit, provide insights and specifics about your workout and run, addressing aspects such as the evolving comfort of your workouts throughout the semester, any muscle soreness, prevailing weather conditions, its impact on your performance, whether you had company during your workout or run, the level of exertion, and any additional information you wish to share. The submission deadline for these assignments is 11:59 pm every Sunday. **Performing multiple workouts or runs on the same day is not allowed.** Adherence to specific instructions for the run is crucial to receiving credit; failure to comply will result in a zero for the assignment. While the course's discussion component encourages an informal and conversational approach to expressing your feelings about the assigned workout, it is essential to maintain proper grammar and spelling, avoiding text message language. Grades for these assignments will not be based on correctness but rather on the quality of your content.

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.

C. Pre and Post-Physical Fitness Test

- Complete all exercises to the best of your ability without stopping. At the end of the semester, we will compare the two tests to see how well you improved over the semester.

II. Attendance/ Participation Policy:

1. There are NO excused absences! All absences are equal. (Absence = 0 participation points)
2. To earn participation points you will need to submit a video and photo of your running app results.
3. In certain situations, classes may be made up to avoid the grade penalties outlined above. (See me if this occurs.)

III. Course Syllabus Statement

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

IV. Covid Information

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