

South Plains College
Department of Kinesiology
SYLLABUS - KINE 1107
Walk, Jog, Run

Instructor: Bart Bradshaw

Office Phone: 806.716.2478

Office: Texan Dome

Email: bbradshaw@southplainscollege.edu

Office Hours: 7:15-7:45 M/W 10-11 T/TH

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:

- 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.
- Discover a WJR activity he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of instructor.
- Remember methods used to prevent and treat common jogging injuries.
- Experience a higher level of cardiovascular fitness. This objective will be measured by a pre/post one mile WJR test.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Athletic shoes only! Positive attitude
- Willingness to follow instruction
- **Participation in class assigned activities!!**

I. Grading Policy

Final grades will be determined as follows:

- 30 daily activities 3 points each: 90 points
- 1 Final @ 10 points 10 points
 - 3 points deducted for each activity absence up to 4 absences. ON your 5th absence you will be dropped! No Exceptions!!

Total: 100 points

<u>Final Grade</u>	<u>Point Total</u>
A	90-100
B	80-89
C	70-79
D	60-69
F	0- 59

A. Attendance/ participation (refer to attendance policy)

(These are subjective evaluations of the instructor.)

- Attendance activity Records (by instructor)
- Appropriate intensity
- Following instruction

B. Activity Tests

- Tests given will cover the pre and post 1 mile run for time.

C. Final Exam

- The final exam will be a 3 mile run for time.
- If you have 2 or less absences, you are exempt. (NO EXCEPTIONS)

II. Attendance Policy:

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

- Activity Absences may be made up. Contact the instructor for make ups by email.
- Drops will be made by the instructor for excessive activity absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves before the administrative drop day.

TWO WEEKS OF CONSECUTIVE ACTIVITY ABSENCES = DROPPED FROM THE CLASS. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

III. Reporting workouts:

You must use an app like MAPMYRUN for each day of your weekly activity and send your results to my email address bbradshaw@southplainscollege.edu for credit of your weekly activity. Your weekly report will be due to me by Sunday midnight. This report shall have each activity labelled by week number and day number...NOT DATE. Keep a folder of what you send for each week because sometimes they may fail to come through. I will put each weekly record of your two workouts each week into a folder for the semester as well. To communicate with you throughout the semester use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

IV. Activity schedule:

**STRETCH -[HOLD EACH ONE 20 SECONDS]
BEFORE AND AFTER YOUR WORKOUT
STAND TOE TOUCH FEET TOGETHER
STAND FLOOR TOUCH FEET APART
SITTING TOE TOUCH FEET TOGETHER
SITTING FLOOR TOUCH FEET APART
SITTING INVERTED HURDLERS STRETCH -**

**RIGHT LEG OUT FRONT,LEFT LEG INSIDE TOUCH RIGHT TOES
KEEP YOUR FEET THE SAME AND LEAN OUT OVER YOUR LEFT KNEE
LEFT LEG OUT FRONT,RIGHT LEG INSIDE TOUCH LEFT TOES
KEEP YOUR FEET THE SAME AND LEAN OUT OVER YOUR RIGHT KNEE**

THEN OUR DAILY WORKOUT WHICH WILL VARY ACTIVITIES BETWEEN THESE LISTED AS WE PROGRESS THROUGH THE SEMESTER:

**READ WARM UP, STRETCHING AND COOL DOWN PROCEDURES
AS WELL AS TARGET HEART RATE INFORMATION (DAYS 1)**

REPORT THE TWO WORKOUTS FOR THE WEEK BY SUNDAY OF THAT WEEK! USE A PROGRAM LIKE "MAP MY RUN" AND EMAIL ME (bbradshaw@southplainscollege.edu) THE REPORT WITH BOTH WORKOUTS FOR EACH WEEK. THE REPORT SHALL INCLUDE THE WEEK # AND DAY # OF THE ACTIVITY OFF OF THE FOLLOWING SCHEDULE. EACH REPORT SHALL ALSO INCLUDE A MAP OF THE COURSE YOU COVERED FOR EACH WORKOUT. [do not send me the dates you worked out I need the WEEK and DAY number] Print this page off and place a check beside each workout when you have sent them to me. Keep a copy of each workout throughout the semester just in case I do not receive it then you can resend it.

Week/Day	Activity
WK 1/1 2	- CLASS EXPLANATION AND PROCEDURES - STRETCHES & 2 MILE WALK
WK 2/3 4	- 2 MILE BRISK WALK -2 MILE BRISK WALK
WK 3/5 6	- 1 MILE WALK & 1 MILE JOG - 1 MILE WALK & 1 MILE JOG
WK 4/7 8	- 1 MILE WALK & 1 MILE JOG -1 MILE WALK & 1 MILE JOG
WK 5/9 10	- ½ MILE WALK & 1 ½ MILE JOG - ½ MILE WALK & 1 ½ MILE JOG
WK 6/11 12	- ½ MILE WALK & 1 ½ MILE JOG - ½ MILE WALK & 1 ½ MILE JOG
WK 7/13 14	- 1 MILE WALK & 2 MILE JOG -1 MILE WALK & 2 MILE JOG
WK 8/15 16	- PRE TEST 1 MILE RUN -1 MILE WALK & 2 MILE JOG
WK 9/17 18	-1 MILE JOG & 1 MILE RUN -1 MILE JOG & 1 MILE RUN
WK 10/19 20	-1 MILE JOG & 1 MILE RUN -1 MILE JOG & 1 MILE RUN
WK 11/21 22	-1 MILE JOG & 1 MILE RUN -1 MILE JOG & 1 MILE RUN
WK 12/23 24	-1 MILE WALK, 1 MILE JOG & 1 MILE RUN -1 MILE WALK, 1 MILE JOG & 1 MILE RUN
WK 13/25 26	-1 MILE WALK, 1 MILE JOG & 1 MILE RUN -1 ½ MILE JOG & 1 ½ MILE RUN
WK 14/27 28	-1 ½ MILE JOG & 1 ½ MILE RUN -2 MILE JOG & ½ MILE RUN
WK 15/29 30	-2 MILE JOG & ½ MILE RUN -2 MILE JOG & ½ MILE RUN
WK 16/31	- {3 MILE FINAL EXAM IF YOU HAVE MORE THAN 2 MISSING ASSIGNMENTS}

My cell number is 806-543-9277 if you need to call me for any reason...please call between 8am and 6pm.

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

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