



**KINE 1132**  
**Cardio Fitness**  
**SPRING 2023 - (Graves Pierce Gym)**

**Camryn Hardin**  
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**Office Hours:** By appointment  
**Required Text:** None.  
**Meeting:** TTH 8:00am - 8:50am - Basement Lobby of Graves Pierce

**Purpose of the Course**

The purpose of this course is to inform students of cardiovascular endurance and persuade them to participate in an active lifestyle.

**Course Description**

This course is designed to enhance overall health and fitness by increasing cardiovascular endurance and body composition. Students are encouraged to avoid a sedentary lifestyle. Activities include walking, running, indoor cycling, and other aerobic activities.

**Course Student Learning Objectives**

Upon successful completion of this course students will:

- Recognize the physical and mental benefits of increased activity
- Determine factors involved with fitness levels and training strategies in order to create a personalized workout plan.
- Empower themselves by setting and working toward realistic individual goals
- Understand and utilize various cardiovascular training methods.

- Integrate physical activity into their daily routine to improve physical fitness.

### **Standard III**

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self motivation and social skills through participation in physical activities.

### **Program Learning Outcomes**

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).

2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).

3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

### **Style Of Teaching:**

The objectives of this course will be met through an integrated teaching style that will include class activities and homework assignments. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. There is an online blackboard component required for this course. Assignments shall be accepted via email and all assignments can be turned in on blackboard or during class.

### **Attendance/Participation**

Attendance for class is **mandatory**. Every class day is a grade. You will receive 100% credit for being on time and actively participating in class discussions and activities.

### **All Course Requirements Deadline**

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Wednesday in Week 15 at 11:59pm

to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per policy below.

### Late Work Policy

Late work will be accepted. Each late assignment will be subject to a 10 point grade reduction for every day the assignment is late.

### GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

(Be sure to include the small \* phrase below)

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Class Participation	10	30	300	60%
Homework Assignments	25	4	100	20%
Final Project	100	1	100	20%
<b>Total/Final Grade*</b>	-	-	<b>500</b>	<b>100%</b>

\*Letter Grading as per SRSU policy will be used in this course.

### COURSE REQUIREMENTS

Students are required to attend class and participate in the workouts, exercises, or games that will take place during the class period. Attendance and participation will be more than half of the students' grade. Students will also be asked to complete basic assignments that must be turned in.

**II. Class Participation** Attendance and active participation in exercises and activities are required to earn daily credit.

**III. Homework assignments.** Four (4) available - ParQ, Getting to Know YOU, Measurements, Midterm Project

- Midterm project will consist of the students creating their own cardio workout for the class to participate in. It must last **at least 15 minutes**, and it must be written down prior to class starting. (**Examples of workouts:** HIIT, spin classes, boxing, jogging, walking, ect.)

**IV. Final Project.** The final project will consist of the students creating their own cardio workout. The cardio workout should last **at least 20 minutes**, and the workout must raise the heart rate and breathing rate. **Be creative!** (The students will not be required to physically complete the workout.)

**TENTATIVE COURSE CALENDAR**  
 (example - Note: it helps to include specific dates)

Week	Content	Due
1	<b>1/19/23:</b> Overview & Introductions	Goals paper, ParQ <b>DUE: 1/24/2023</b>
2	<b>1/24/23:</b> Syllabus, Measurement Day <b>1/26/23:</b> warm-up, basic stretches	Measurements <b>DUE: 1/29/2023</b>
3	<b>1/31/23:</b> basic exercises <b>2/2/23:</b> 1 mile run (walk/run)	
4	<b>2/7/23:</b> HIIT <b>2/9/23:</b> basketball	
5	<b>2/14/23:</b> 1 mile (walk/run) <b>2/16/23:</b> soccer	
6	<b>2/21/23:</b> Full name workout <b>2/23/23:</b> Kickball	
7	<b>2/28/23:</b> walk 2 miles <b>3/2/23:</b> Boxing	
8	<b>3/7/23:</b> Student teaching <b>3/9/23:</b> Student teaching	Midterm: Written paper of personal cardio workout <b>DUE: 3/12/23</b>
9	<b>3/14/23:</b> Student teaching <b>3/16/23:</b> Student teaching	
10	<b>3/21/23:</b> HIIT <b>3/23/23:</b> Robin Hood	
11	<b>3/28/23:</b> 1 mile run (walk/run) <b>3/30/23:</b> base running, bat spinning, relays	
12	<b>4/4/23:</b> Full name workout <b>4/6/23:</b> Racquetball	
13	<b>4/11/23:</b> 1 mile run (walk/run) <b>4/13/23:</b> soccer	
14	<b>4/18/23:</b> Stairmaster <b>4/20/23:</b> Red/Green light	Final Project <b>DUE: 4/23/23</b>

15	NO class	
16	NO class	

## **UNIVERSITY POLICIES**

### **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

### **Professional Development**

All undergraduate Kinesiology majors are required to participate in continuing education activities outside of the classroom. Students must complete a total of 20 Professional Development points (PD points) prior to enrolling in Internship or Student Teaching. See the Kinesiology webpage for detailed information.

### **SRSU Distance Education Statement**

Students enrolled in distance education courses have equal access to the university's academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

### **SRSU Library Info**

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

### **Disability Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartze Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back

to you as soon as we can during working hours), or email [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu) Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

### **Academic Integrity Statement**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

### **Classroom Climate of Respect**

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

### **Diversity Statement**

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

### **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

### **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.

- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.