

**WALK, JOG, RUN (1:0:3)**  
DIVISION OF ARTS & SCIENCES • KINESIOLOGY  
SOUTH PLAINS COLLEGE • LEVELLAND CAMPUS

\*\*Every effort will be made to follow the syllabus content; however, due to the COVID-19 pandemic, if circumstances dictate there may be modifications necessary during the semester. If such is the case, the instructor will make every effort to notify students in a timely manner.\*\*

**Andres “Andy” Reyes, MAT, ATC, LAT**

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Office Hours: by appointment

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I. Purpose: Students will master the skills, principles, and fitness level to become proficient at walking, jogging, and/or running. Concepts of heart rate training, hydration, nutrition, and leg conditioning will also be addressed. To also promote walk, jog, run in general as a lifetime.

II. General Course Information:

A. Text: No Text

B. Attendance Policy: Regular class attendance (*via virtual or in-person*) is required of all students. A student is allowed two (2) absences. After the third absence your grade will be dropped 10 points per absence. Illness, college sponsored activities, funerals and jury duty are excused but you must have documentation. **You, the student, are responsible for material missed during your absence.**

A student may be administratively withdrawn from the course when absences become excessive (6<sup>th</sup> absence).

C. Dress Policy: You must come dressed to workout on all class days unless previously notified. The class will be either indoors or outdoors depending on weather. **If you don't dress appropriately or do not participate, then you will be counted absent.**

D. Injuries/Medical Policy: IF any injuries occur during class, report them immediately. If you incur an injury outside of class that may keep you from participating or participating or attending class, then call, e-mail, or discuss with me in person about the injury.

E. Grading Policy: The following scale will be used for grading:

500-400:	A
400-300:	B
300-200:	C
200-100:	D
99 or below:	F

200 Points	Participation
100 Points	Quizzes (2 quizzes at 50 points each)
200 Points	Running Test (2 test at 100 points each)

Grades will be assigned on the scale presented above. There will be no rounding up a letter grade at the end of the course. Extra credit opportunities may or may not be made available during the semester. Any extra credit opportunities will be announced during class time and repeated through Blackboard.

Make-up examinations are ONLY given upon instructor approval PRIOR to the exam. If you absolutely cannot be in class when an exam is scheduled, it is your responsibility to contact me *at least 1-week prior* to the scheduled exam with valid documentation. If you miss a scheduled exam due to illness or a last-minute occurrence, valid documentation may be necessary, and it is your responsibility to get in touch with me *w/in 24 hours of the missed exam* or a grade of zero will be automatically given for the exam.

***It is the policy of South Plains College for the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.***

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/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.

Disability 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 Disability 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 Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716- 2577, Reese Center (Building 8) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Non-Discrimination Statement: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College -1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-894-9611

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations, you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2360 or email [cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

Campus Concealed Carry Statement: Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: [http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php) Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**I have read and understand the attached syllabus for Walk, Jog, Run (KINE 1107).**

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**PRINTED NAME**

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**SIGNATURE**

**DATE**