**South Plains College**

**Department of Kinesiology**

**KINE 1304- Lecture**

**Fitness & Wellness Spring 2025**

**Instructor**: Ryan Heth **Office Phone**: 806-716-2234

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**Required Text:** Fit & Well latest edition, Fahey, Insel, and Roth. (You do NOT need to purchase an access code for CONNECT.)

**REMIND APP –** I will use the REMIND APP in this course as another means of communication. 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 the text message **@kine1304l**

You will receive a response confirming your registration. Remind App is just another option to communicate with me if you choose to use it. I will use it periodically throughout the semester to remind the class of due dates and other useful information.

**Course Description**

This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, PowerPoint presentations, along with the textbook chapters, will provide students with the necessary tools to take responsibility and make drastic improvements to their long term personal health.

**Student Expectations:**

Faculty and students actively contribute to one another's learning through critical dialogue, integrative learning, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

• Read and become familiar with the course syllabus and unit instructions.

• Keep up with assignments and readings.

• Ask for clarifications about material or course expectations.

• Analyze assigned readings and offer thoughtful interpretations.

• Be respectful of diverse perspectives and refrain from making inappropriate comments in discussion boards and personal interactions.

**Course Evaluation:**

1. There will be **Two Exams**, each worth 100 points (200 points total; 40% of your overall grade). Each exam will consist of 50-100 questions (multiple-choice, essay, matching, etc.).
2. **Chapter Quizzes** will be given over every chapter for a total of 15 quizzes. Each quiz is worth 10 points (150 points total; 30% of your overall grade), and there will be a quiz due each week beginning with the first week of school. Each quiz will consist of multiple-choice, true-false, essay, matching, etc., type questions. These quizzes will help prepare you for the exams.
3. **Two Homework Assignments** will be completed for the semester. Each homework will be worth 40 points (80 points total; 16% of your overall grade). These assignments will be posted throughout the ***Unit Instructions*** and can also be found under the **HOMEWORK ASSIGNMENTS** Link.
4. **Classroom Discussion Topics/ Attendance** will be completed in class and turned in, each worth up to 5-15 points (70 points total; 14% of your overall grade). The primary goal for the course's discussion portion assignments is to think about what you are learning critically.

Discussion journals will also be used to keep up with attendance. There are no makeups allowed for this portion of your grade. If you are not here when we complete these in class, you will receive a zero as your grade.

The primary goal for the discussion portion of the course is to "talk" about what you are learning, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Your grades on these assignments will not be based on whether or not you give correct answers but will be based on your content.

\*\* I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the PowerPoint slides and take good notes. Plan, and do not wait until the last minute to submit your assignments.

\*\*\* All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang and informal kinds of self-expression are appropriate in some settings, they are out of place in academic writing.

**SPC TexBook Syllabus Statement:**

The TexBook program at South Plains College is part of a national Inclusive Access model in which publishers and higher education institutions provide digital course materials to students at the lowest possible price on the first day of class. All students in a TexBook class pay for and receive digital content, which lowers costs for everyone. Students are billed an electronic course materials fee along with their usual tuition and course fees.

**Benefits of TexBook**

* Students get access to digital class materials the first day of class, avoiding hassles with access codes, shipping, stock, etc.
* Students get required course materials at a significantly reduced rate.
* Students pay for class materials the same way they pay for tuition and fees, which allows them to use scholarships and other financial aid to cover the costs.

**Access Through Blackboard**

Students in a TexBook class will access their required course material digitally via a link provided in their Blackboard course. The link may be provided by VitalSource or may be a direct link to publisher content. Students who remain opted in to the TexBook program will have access to the course material for the duration of the semester.

**Decide If You Should Opt Out**

Participating in TexBook for a course is not mandatory, and students may opt out of the program. Students who opt out will lose access to the course material and competitive pricing and will need to purchase the required course material on their own. If they drop the class or opt out before the opt-out deadline, the TexBook charge will be credited to their SPC TexanConnect account prior to the first scheduled refund of the term. *Students should consult with their professor before deciding to opt out.*

Final grades will be determined as follow:

* 2 examinations @ 100 points each: 200 points
* 15 quizzes @ 10 points each 150 points
* 2 Homework assignments @ 40 points each 80 points
* Discussion Board Activities/ Lab Assignments 70 points

**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

# Academic Information

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.

**Plagiarism and Cheating:**Students are expected to do their work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

**Please see the following links for the South Plains College General Syllabus Statements and the Covid-19 Policy.**

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

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

**Instructor’s Office Hours**

