

South Plains College
Department of Kinesiology
KINE 1109
Cardio Core & Conditioning

Instructor: Sean Bingham
Office: Kinesiology Building #106
Office Hours: Will Discuss

Office Phone: 806.716.2234
Email: sbingham@southplainscollege.edu
Text: Will set up Remind app text messages

Purpose: Students will master the skills, principles, and fitness level to become proficient in physical activity on their own. This course will focus on improving and strengthening the cardiovascular system and the core of the body. The class will promote physical fitness as a lifetime commitment to a healthy lifestyle

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 **@kine1109cc**. You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it.

Outcomes:

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

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash clothes regularly.
- No cargo shorts, jeans, or jean shorts.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 75 points each: 150 points
- 1 Final @ 100 points each: 100 points
- Attendance/Participation @ 50 points: 50 points
 - 10 points deducted for each absence up to 5 absences. ON your 6th absence you will be dropped! No Exceptions!!

Total: 300 points

Final Grade	Point Percentage	Point Total
A	90-100%	270-300
B	80-89%	240-269
C	70-79%	210-239
D	60-69%	180-209
F	Below 60%	Below 180

A. Attendance/ participation (refer to the attendance policy)

(These are subjective evaluations of the instructor)

- Attendance Records (by the instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.
- If a test is missed, it must be taken the first day you return to class.

D. Final Exam

- The final exam will be comprehensive.

II. Attendance Policy:

- There are NO excused absences! All absences are equal. (Absence = 0 participation points)
- 3 absences = one-letter grade penalty will be subtracted from your final grade
- 6 absences = student will be dropped from class
- If the sixth absence occurs after the drop date, you will receive an “F” for the course.
- Non-participating notation—NP—will be recorded if a student is unable to participate but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
- Be on time to class! Class begins at the exact time listed on your schedule.
- 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student LEAVES CLASS EARLY.
- In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) A MAXIMUM OF 2 CLASSES MAY BE MADE UP.

III. Additional Information:

- A. Lockers are free. First come, first serve. Locks need to be removed at the end of the semester.
- B. We do not provide towels.
- C. No cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal before class.

- F. Use the restroom before class.
- G. Hats are allowed.

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.

Disabilities 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 Special 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 Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 894-9611 ext. 2529.

Nondiscrimination Policy: 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 806-716-2360.

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 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

KINE 1109 Cardio Core

I _____ have read and understand all the information on this syllabus for KINE 1109.

Date _____

Phone # _____

Write your phone number and email legibly!!!

E-mail _____

Are there any health issues we should be concerned about before you start this program? (circle one)

No

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**