Health Related Fitness Activity: KINE 1101-001- Fitness Enhancement
1 credit hour

Instructor Name and Title: Tara Eaton, M.S. Ed., Lecturer
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Phone: (903) 565-5749   Fax: 903-566-7065
E-mail: teaton@uttyler.edu
Office Hours: Mondays from 9:00AM-12:00PM
Or by appointment

Catalog Description:
This health-related fitness course is an activity-based course where you will exercise to improve cardiorespiratory
endurance, muscular strength and endurance, flexibility, body composition, along with activity-specific skills. A variety of
exercise equipment will be utilized while learning different approaches to exercise. Weather permitting, some classes may
be held outside.

Course Expectations:
Students are expected to dress in proper exercise clothes and shoes and bring your ID card to access the gym. No are
allowed. The gym has strict policies regarding dress code so that means no jeans, dresses, open-toed shoes, or boots
along with no revealing clothes. If not dressed properly you will not be allowed to participate. Attendance is required and
you must participate in each class. This class meets between breakfast and lunch so it is imperative that you eat a well-
balanced breakfast and drink plenty of water to prevent illness. You should also eat something after the workout to
replace nutrients used during the workout. I do not let class out early so you can get ready so it might be wise to bring
extra clothes and necessities with you in case you have another class right after.

Grading:
Students will be graded on attendance and appropriate dress attire. Each class will be worth 2 points, there are 26
classes, which equals to 52 points. If you show up more than 10 minutes late you will lose one point, and if you do not
dress in the appropriate clothing or fail to come to class, you will not receive any points for that day. In addition to
attendance you will also be required to do fitness testing at the beginning and ending of the semester worth 5 points each.
The purpose of these assessments is to determine if you have any improvement throughout the semester. I will be
grading you on your performance so it is imperative that you try hard in this class. Failure to improve will result in lost
points. This is an academic course so I will be teaching you basic exercise fundamentals. To measure your learning, there
will be 2 quizzes worth 10 points each. I will be posting lectures notes and videos to blackboard and it will be your
responsibility to go over them. I will also be taking a few minutes to go over them in class as well.

If you are not able to come to class, I would like a doctor’s excuse or written note from a supervisor stating why you were
not able to attend. Doing so will result in an excused absence and no loss of points. If you do not supply a note, your
absence will be unexcused and result in a loss of points.

The following grading scale will be strictly applied:
A= 73-82 points
B= 65- 72 points
C= 57-64 points
D= 49-56 points
F= <49 points

The last day to withdraw from courses without penalty is March 23rd.
Blackboard:
I will be posting all course material on blackboard for you to have direct access to. This will include syllabus, course outline, lecture notes, grades, and contact information. Please check regularly as I also post announcements for next class meetings.

E-mail:
This will be my preferred way of communication outside of class and office hours. You must use your school account to contact me as yahoo, Gmail, Hotmail, etc. are not allowed due to security reasons. If you happen to email me using one of those accounts, it will most likely go to my junk mail and I do not check that. Upon receiving e-mails, I typically respond within the 24 hours of it being sent Monday thru Friday. However there may be times when I do check my e-mail on the weekend. That is not to say however that you should expect me to reply on the weekends.

Cell Phones:
They are not allowed during classroom time. If I see it or hear it, there will be an automatic deduction of 2 points. If you need it in case of an emergency, please see me before class.

Technical Information
If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttler.edu or call 903.565.5555.
When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

You may also visit the Help Tab in Blackboard http://wiki.uttler.edu/display/B8H/Home for useful information or check out On Demand Learning Center for Students http://ondemand.blackboard.com/students.htm

Plug-ins and Helper Applications
UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course. Always ensure that you are using the most update version for the browser you choose to access the online learning content.

NOTE: Mozilla Firefox is the recommended browser for Blackboard. (URL: http://www.mozilla.org/en-US/firefox/new/)

- Adobe Reader allows you to view, save, and print Portable Document Format (PDF) files. (URL: http://get.adobe.com/reader/)
- Java Runtime Environment (JRE) allows you to use interactive tools on the web. (URL: http://www.java.com/en/download/)
- Adobe Flash Player allows you to view content created with Flash such as interactive web applications and animations. (URL: http://get.adobe.com/flashplayer/)
- QuickTime allows users to play back audio and video files. (URL: http://www.apple.com/quicktime/download/)
- RealPlayer allows you to view and listen to streaming video and audio. (URL: http://www.real.com/)
**Netiquette Guide**

“Netiquette” is network etiquette, the do’s and don’ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided.  

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**Course Outline**

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Agenda</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 13</td>
<td>Introduction, Overview of Syllabus, No Workout</td>
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<tr>
<td></td>
<td>Jan 15</td>
<td>Lecture over Fitness Testing; Start Fitness Testing</td>
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<tr>
<td>2</td>
<td>Jan 20</td>
<td>Lecture over Do’s and Don’ts; Finish Fitness Testing</td>
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<td></td>
<td>Jan 22</td>
<td>Workout</td>
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<tr>
<td>3</td>
<td>Jan 27</td>
<td>Workout</td>
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<tr>
<td></td>
<td>Jan 29</td>
<td>Workout</td>
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<tr>
<td>4</td>
<td>Feb 3</td>
<td>Quiz over material in class, Workout</td>
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<td>Feb 5</td>
<td>Workout</td>
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<td>5</td>
<td>Feb 10</td>
<td>Lecture over Fitness Principles; Short Workout</td>
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<td></td>
<td>Feb 12</td>
<td>Workout</td>
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<td>6</td>
<td>Feb 17</td>
<td>Workout</td>
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<tr>
<td></td>
<td>Feb 19</td>
<td>Lecture over Exercise Prescription, Short Workout</td>
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<td>7</td>
<td>Feb 24</td>
<td>Workout</td>
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<tr>
<td></td>
<td>Feb 26</td>
<td>No Class</td>
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<td>8</td>
<td>Mar 3</td>
<td>Quiz over material in class, Workout</td>
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<tr>
<td></td>
<td>Mar 5</td>
<td>Workout</td>
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<tr>
<td>9</td>
<td>Mar 10</td>
<td>No School: Spring Break</td>
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<tr>
<td></td>
<td>Mar 12</td>
<td>No School: Spring Break</td>
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<tr>
<td>10</td>
<td>Mar 17</td>
<td>TRX Training</td>
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<td></td>
<td>Mar 19</td>
<td>TRX Training</td>
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<td>11</td>
<td>Mar 24</td>
<td>Workout</td>
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<td></td>
<td>Mar 26</td>
<td>Workout</td>
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<tr>
<td>12</td>
<td>Mar 31</td>
<td>Workout</td>
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<td>Apr 2</td>
<td>Workout</td>
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<tr>
<td>13</td>
<td>Apr 7</td>
<td>Workout</td>
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<tr>
<td></td>
<td>Apr 9</td>
<td>Workout</td>
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<tr>
<td>14</td>
<td>Apr 14</td>
<td>Kettle bell Training</td>
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<td></td>
<td>Apr 16</td>
<td>Workout</td>
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<td>15</td>
<td>Apr 21</td>
<td>Post-Fitness Testing</td>
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<td></td>
<td>Apr 23</td>
<td>Last Chance Workout</td>
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<td>16</td>
<td>Apr 28</td>
<td>Finals week no class</td>
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<tr>
<td></td>
<td>Apr 30</td>
<td>Finals week no class</td>
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</tbody>
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*subject to change*
Scholastic Dishonesty and Cheating Policy:
If cheating or plagiarism occurs it does mean you will receive a grade of 0 and you may fail. Scholastic dishonesty includes the submission, as one’s own work of material that is not one’s own. As a general rule, scholastic dishonesty involves one of the following acts: cheating, plagiarism, collusion and/or falsifying academic records. Both faculty members and students are required to report an observed or suspected case of academic dishonesty immediately to a faculty member.

Students Rights and Responsibilities
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html

Grade Replacement/Forgiveness
If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

State-Mandated Course Drop Policy
Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

Disability Services
In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

Student Absence due to Religious Observance
Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities
If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:
It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation:
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do Not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.