

**UNIVERSITY OF TEXAS AT TYLER
DEPARTMENT OF KINESIOLOGY**

COURSE SYLLABUS

**ENDURANCE TRAINING PRINCIPLES
KINE 4304.002
SPRING 2026
Monday 11:15-12:10PM; HPC3055**

Instructor: Reuben J. Cowan, M.S.
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Office hours: M 10-11AM, Tu 11AM-Noon, Th 11AM-Noon or by appointment

COURSE DESCRIPTION: Study of principles, guidelines, and procedures related to prescribing exercise training programs aimed at enhancing cardiorespiratory endurance.

PREREQUISITE: KINE 3311, KINE 3112, KINE 3334, KINE 3135

REQUIRED TEXT: Kenney, W. Larry; Physiology of Sport and Exercise, Ninth Edition, (9781718228429), Human Kinetics Publishers, 2025.

COURSE OBJECTIVES: The main objectives of this course are for the student to be able to identify and understand endurance training and how to optimize it over a lifetime.

EVALUATION:

In Class Topic Quizzes	100 pts
Training Log	150 pts
Assignments (25 pts each)	100 pts
8 week training plan	100 pts
Case Study	50 pts

Total	500 pts
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A: 450 – 500 pts

B: 400 – 449 pts

C: 350– 399 pts

D: 300 – 349 pts

F: <300 pts

Standard rounding procedures to the nearest whole number will be used, no exceptions.

***Assignments:* Any work turned in late will be penalized 50% each day after the due date. If you miss the announcement for an assignment, it is your responsibility to contact the instructor for information about any assignment issued out and the due date.**

Preparation and Participation: Students are strongly encouraged to ask, and respond to, questions from the course content; vigorous interaction in the class makes for much more interesting sessions for both instructor and students.

Additionally, there will be 100 points allocated to discussions over course content throughout the semester. More information and the Discussion Board can be found in Canvas.

Weekly Activity: Students will be required to participate in endurance activity to better understand the topic. If a student is not physically capable of doing endurance activity they will need to provide a doctor's note stating this. Further, students who provide a doctor's note will have to correspond with a healthy individual, do zoom meetings with them, and journal the experiences that that individual is having with endurance training.

Scheduling Conflicts for exams and assignments: Make-up exams and assignments will be given only for University-approved activities (i.e., athletic events, performances, religious observance, etc.). Flat tires, vacations, etc. are not valid reasons for missing an exam or assignment. Since university-approved absences are generally known at the beginning of the semester, it is up to the student to notify the instructor during the first two weeks of class if there is a conflict with any of the scheduled exams. In such an event, a make-up exam will be given prior to the exam to be missed. If a student misses the submission of an assignment due to an approved absence, the student must contact the instructor to inquire into any assignments that were missed and schedule a time to submit or complete an assignment within 1 week of the missed assignment.

COURSE POLICIES/EXPECTATIONS:

1. It is expected that everyone will complete the assignments for each class meeting *prior* to class.
2. If you have special learning needs, please inform me on the first day of class.
3. Cell phones must be turned to "OFF" or "SILENT" (not VIBRATE) during class. Do not take calls or text others during class.
4. Please do not participate in any activity in the classroom that may be a distraction to other students or the instructor. This includes talking to neighbors during lectures or discussions, surfing the web, texting, instant messaging, checking e-mail, etc.
5. Please allow up to one week for assignment and quiz grades to be posted.
6. Food and drinks are prohibited in university classrooms.
7. Academic dishonesty (cheating, plagiarism, copying, etc) will not be tolerated and will result in a failing grade for the semester.
8. Students arriving 15+ minutes late to class during a mandatory attendance day will be counted absent unless appropriate notification has been given to the instructor prior to class.
9. Student inquiries via email will be answered within 48 hours Monday-Friday

PLAGIARISM/FRAUD:

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.uttyler.edu/mopp/chapter8.html. *Any* act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

COPYRIGHT:

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

The following University policies must appear on each course syllabus or be provided as an informational sheet (web-links to these policies may be used in the print or electronic syllabus) <http://www.uttyler.edu/academicaaffairs/syllabuspolicies.pdf>

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://www2.uttyler.edu/wellness/rightsresponsibilities.php>

GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES:

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

STATE-MANDATED COURSE DROP POLICY:

Students may [withdraw](#) (drop) from this course using the [Withdrawal Portal](#). Withdrawing (dropping) this course can impact your Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please speak with your instructors, consider your options, speak with your advisor, and visit the One-Stop

Service Center (STE 230) or email enroll@uttyler.edu to get a complete review of your student account and the possible impacts to withdrawing. We want you to make an informed decision. UT Tyler faculty and staff are here for you and often can provide additional support options or assistance. Make sure to carefully [read the implications for withdrawing from a course and the instructions](#) on using the [Withdrawal portal](#).

Texas law prohibits students from dropping more than six courses during their entire undergraduate career*. The six courses dropped includes those from other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and Enrollment Services for additional guidance. **CAUTION #1:** Withdrawing before census day does not mean you get a full refund. Please see the [Tuition and Fee Refund Schedule](#). **CAUTION #2:** All international students must check with the [Office of International Programs](#) before withdrawing. All international students are required to enroll full-time for fall and spring terms. **CAUTION #3:** All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. **CAUTION #4:** All veterans or military-affiliated students should consult with the [Military and Veterans Success Center](#).

* Students who began college for the first time before 2007 are exempt from this law.

DISABILITY SERVICES:

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA), the University of Texas at Tyler offers accommodations to students with learning, physical, and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler/> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with the Assistant Director Student Accessibility and Resources/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <https://www.uttyler.edu/disability-services>, the SAR office located in the Robert Muntz Library, LIB 460, email saroffice@uttyler.edu, or call 903.566.7079."

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE:

This course follows the practices related to [Excused Absences for Religious Holy Days as noted in the Catalog](#).

STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS/ACTIVITIES:

This course follows the practices related to [Excused Absences for University Events or Activities](#) as noted in the Catalog

ABSENCE FOR PREGNANT STUDENTS

This course follows the requirements of Texas Laws SB 412, SB 459, SB 597/HB 1361 to meet the needs of pregnant and parenting students. Part of the supports afforded pregnant students includes excused absences. Faculty who are informed by a student of needing this support should make a referral to the Parenting Student Liaison. NOTE: Students must work with the Parenting Student Liaison in order to receive these supports. Students should reach out to the Parenting Student Liaison at parents@uttyler.edu and also complete the [Pregnant and Parenting Self-Reporting Form](#).

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.

TECHNICAL INFORMATION:

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.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

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 Canvas. (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/>)
- Windows Media Player allows you to view, listen and download streaming video and audio. (URL: <http://windows.microsoft.com/en-US/windows/products/windows-media-player>)
- 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.

(URL: <http://www.learnthenet.com/learn-about/netiquette/index.php>)

TOBACCO FREE:

- All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.
- Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

- There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

IMPORTANT COVID-19 INFORMATION FOR CLASSROOMS AND LABORATORIES

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

RECORDING OF CLASS SESSIONS

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

ARTIFICIAL INTELLIGENCE STATEMENT

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy. *Refer to the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).*

FINAL EXAM POLICY

Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

INCOMPLETE GRADE POLICY

If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade *only when all of the following conditions are met*: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

GRADE APPEAL POLICY

Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade. A grade appeal should be used when the student thinks the final course grade awarded does not reflect the grades earned on assessments or follow the grading scale as documented in the syllabus. The student should provide the rationale for the grade appeal and attach supporting document about the grades earned. The form should be sent via email to the faculty member who assigned the grade. The faculty member reviews the rationale and supporting documentation and completes the instruction section of the form. The instructor should return the form to the student, even if a grade change is made at this level. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean or the Dean's designee of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the [Registrar's Form Library](#).

NOTE: The Grade Appeal Form is different from the Application for Appeal form submitted to the Student Appeals Committee, which does not rule on grade disputes as described in this policy.

MILITARY AFFILIATED STUDENTS

UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you.

The [Military and Veterans Success Center \(MVSC\)](#) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

STUDENTS ON AN F-1 VISA

To remain in compliance with Federal Regulations requirements you must do the following:

- Traditional face-to-face classes: Attend classes on the regular meeting days/times.
- Hybrid Classes: Attend all face-to-face classes convened by the instructor according to the schedule set for your specific course.
- Online course: Only one online course can count toward your full-time enrollment. Students are expected to be fully engaged and meet all requirements for the online course.

ACADEMIC HONESTY AND ACADEMIC MISCONDUCT

The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the [Student Conduct and Discipline policy](#) in the Student Manual Of Operating Procedures (Section 8).

FERPA

UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in [University Policy 5.2.3](#). The course instructor will follow all requirements to protect your confidential information.

CAMPUS CARRY

We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>.

TENTATIVE SCHEDULE

January 12

WEEK 1

Syllabus; Introduction; Technology and Data Recording

January 19

WEEK 2

Online: Technology and Data Recording Review; Muscle: Part 1

***JANUARY 26 - LAST DAY TO WITHDRAW FROM COURSE WITHOUT
PENALTY (12th CLASS DAY)***

January 26

WEEK 3

Muscle Part 1 Review; Start Chapter 5

February 2

WEEK 4

Chapter 5 Review; Start “The Mind”

February 9

WEEK 5

“The Mind” Review; Start Chapters 6 and 7

February 16

WEEK 6

Chapter 6-7 Review; Start Chapter 8

February 23

WEEK 7

Cardiovascular System Wrap-up; Create a Workout Discussion

March 2

WEEK 8

Workout Review; Start Adaptations to Anaerobic and Aerobic Training

March 16

WEEK 9

Chapter 11 Review; Start Chapter 14

March 23

WEEK 10

Chapter 14 Review; Start Chapters 12-13

***MARCH 30 - LAST DAY TO WITHDRAW FROM COURSE WITH
AUTOMATIC "W"***

March 30

WEEK 11

Chapters 12-13 Review; Start Chapters 18-22
Training Plan Project Discussion

April 6

WEEK 12

Review Chapters 18-22; Start Case Study
Training Plan Project Discussion

April 13

WEEK 13

Finish Case Study
Training Plan Project Discussion and Completion

April 20

WEEK 14

Training Plan Project Discussion and Completion
