

**South Plains College**  
**Department of Physical Education**  
**PHED 1109**  
**Cardio Core & Conditioning**

**Instructor:** Ryan Heth  
**Office:** Physical Education Building #107  
**Office Hours:** Will Discuss

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**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

**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 on a regular basis.
- 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 @ 50 points: 50 points
  - 10 points deducted for each absence up to 5 absences. ON your 6<sup>th</sup> absence you will be dropped! No Exceptions!!

**Total: 300 points**

<b><u>Final Grade</u></b>	<b><u>Point Percentage</u></b>	<b><u>Point Total</u></b>
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 attendance policy**

*(These are subjective evaluations of the instructor.)*

- Attendance Records ( by 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:**

**Students need to inform me prior to an absence due to a school sponsored activity.**

- If you are late to class, depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rule applies when a student LEAVES CLASS EARLY.
- NP's occur when a student is in attendance but cannot participate due to illness or injury. NP's are not to be used to study for exams or work on other class projects. 2 NP's = one (1) absence.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day. **TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS.** This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

**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 prior to class.
- F. Use the restroom prior to class.
- G. Hats are allowed.

- IV.** I will use the remind 101 app to communicate with you throughout the semester. You are not able to text me back through this app so use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

*I will use the SPC email that was issued to you or the email that you give me on the student information sheet for any correspondence throughout this 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.

**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.

**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 all the information on this syllabus for PHED\_\_\_\_\_.**

**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.**