

## **Midland College Syllabus**

2021 - 2022

KINE 1105

Physical Fitness: Individual Fitness

Lecture Hours: 0

Lab Hours: 0

Credit Hours: 3

### **Instructor Information:**

**Instructor:** [Click here to enter text.](#)

**Phone:** [Click here to enter text.](#)

**Office Hours:** [Click here to enter text.](#)

**Office:** [Click here to enter text.](#)

**Email:** [Click here to enter text.](#)

**Notice:** Students MUST actively participate by completing an academic assignment required by the instructor by the official census date. Students who do not actively participate in an academically-related activity may be reported as never attended and dropped from the course.

### **Course Description**

The coaching course is designed to develop a holistic approach to coaching swimming or springboard and platform diving. Specifically, the course covers the components of cardio-respiratory conditioning, muscular strength/endurance training, flexibility development, nutrition and weight control, and other related topics including but not limited to coaching and development of athletes.

### **Core Objectives:**

Learn coaching techniques appropriate for developmental athletes to elite athletes.  
Develop own personal philosophy of coaching.

Assist in daily coaching, planning, organizing, and developing of diving athletes.

### **Text, References, and Supplies:**

- No Required Text

### **Student Learning Outcomes:**

Upon satisfactory completion of this course, the student will be able to:

1. Students will become a registered coaching member of AAU Diving if applicable and USA Diving/Swimming.
2. Students will demonstrate satisfactory skill acquisition in coaching methods and development of athletes.
3. Students will achieve a satisfactory coaching base including, but not limited to, basic human anatomy and physiology, principles of exercise, diving

protocol/measurement/evaluation, injury prevention, health benefits, and nutritional awareness.

4. Students will assist in leading, coaching and teaching groups of varied age and ability levels.

### **Student Contributions, Responsibilities and Class Policies:**

- Students will be expected to comply with the policies outlined in the [Midland College Catalog](#). Instructor policies concerning attendance and academic behavior are consistent with the policies in the catalog. Regular attendance is required to do well in this class.
- Students are required to be on time and stay the entire length of each class.
- Students are required to dress according to the chosen mode of exercise.
- Students are required to perform a battery of physical fitness tests in order to obtain information pertaining to their physical and intellectual progress throughout the semester.
- Students are required to read the text, produce written assignments, participate in verbal communication, and be prepared for written examinations.
- Students are responsible to inform the instructor about any physical or mental challenges that may affect their academic or physical performance during the semester.
- Students are allowed two Make Up opportunities which will remove point reduction of two absences. Such opportunities will be determined by individual instructors.
- Participants must maintain a 3.0 GPA, remain in good standing with Midland College, and fulfill their assigned coaching schedule and class assignments on time.

### **Evaluation of Students:**

Attendance:	75%	A = 90-100%
Assignments:	15%	B = 80-89%
Final Paper:	10%	C = 70-79%
		D = 60-69%
		F = 0-59%

### **Class Schedule is attached**

#### **Attendance Policy:**

It is the responsibility of the students to know the policies and procedures associated with absences. These policies are set by instructors. Excused absences may include, but are not limited to, illness, severe weather, school activity, and death in the family. Instructors will determine whether or not an absence is excused. Please visit the [Midland College Catalog](#)

**Withdrawal Policy:**

Students who have enrolled in a Texas public institution of higher education as a first-time freshman in fall 2007 or later are permitted to drop no more than six courses during the entire undergraduate career. This limit includes all transfer work taken at a Texas institution of higher education and to second baccalaureate degrees. This statute was enacted by the State of Texas in spring 2007 (Texas Education Code 51.907). Any course that a student drops after Census Day is counted toward the six-course limit if "(1) the student was able to drop the course without receiving a grade or incurring an academic penalty; (2) the student's transcript indicates or will indicate that the student was enrolled in the course; and (3) the student is not dropping the course in order to withdraw from the institution." Please visit the [Midland College Catalog](#)

**Scholastic Dishonesty:**

Midland College does not tolerate scholastic dishonesty or academic misconduct in any form. Please read the Student Rights & Responsibilities section in the [Midland College Catalog](#) for more information.

**ADA Statement:**

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must place documentation on file with the Counselor/Disability Specialist. Students with disabilities should notify Midland College prior to the beginning of each semester. Student Services will provide each student with a letter outlining any reasonable accommodations. The student must present the letter to the instructor at the beginning of the semester. Please visit [Midland College Disabilities Services](#)

**Non-Discrimination Statement:**

Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individuals have been designated to handle inquiries regarding the non-discrimination policies: **Tana Baker, Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 242, Midland, TX 79705, (432) 685-4781, [tbaker@midland.edu](mailto:tbaker@midland.edu); Natasha Morgan, Director Human Resources/Payroll, 3600 N. Garfield, PAD 104, Midland, TX 79705, (432) 685-4534, [nmorgan@midland.edu](mailto:nmorgan@midland.edu).** For further information on notice of non-discrimination, visit <http://wdcrobcop01.ed.gov/CFAPPS/OCR/contactus.cfm> or call **1 (800) 421-3481**.

**Spanish**

Midland College no discrimina por motivos de raza, color, nacionalidad, sexo, discapacidad, o edad en sus programas o actividades. Las siguientes personas han sido designadas para responder a cualquier pregunta o duda sobre estas políticas no discriminatorias: **Tana Baker, Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 242, Midland, TX 79705, (432) 685-4781,**

[tbaker@midland.edu](mailto:tbaker@midland.edu); **Natasha Morgan, Director Human Resources/Payroll, 3600 N. Garfield, PAD 104, Midland, TX 79705, (432) 685-4534,**  
[nmorgan@midland.edu](mailto:nmorgan@midland.edu). Para más información sobre estas políticas no discriminatorias , visite <http://wdcrobcop01.ed.gov/CFAPPS/OCR/contactus.cfm> o llame al 1 (800) 421-3481.

**Math & Science Division Information:**

Division Office: AHSF 124 (432) 685-4561  
Division E-Mail: [mns@midland.edu](mailto:mns@midland.edu)

Department Chair: Ms. Sheena Thompson (432) 685-4579  
Dean: Dr. Miranda Poage  
Secretary: Sarah Anderson  
Clerk: Liliana Orcutt

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