

**Sam Houston State University  
Department of Health and Kinesiology**

**Course:**                    **KIN 219**                    **Tuesday/Thursday**                    **12:30 – 1:50**

**Instructor:**                **Jon Gray**

**Text:**                        **See Handouts, Journal or Log sheet is optional**

**COURSE OBJECTIVES:**

1. To acquire knowledge of different types of group exercise programs, and the benefits each one offers.
2. To learn how to maintain and improve cardiovascular fitness, muscular endurance, strength, flexibility, and core stability in a group setting.
3. To evaluate safe methods of group fitness.
4. To calculate and monitor individual maximum heart rate and training rate.

**PARTICIPATION:**

Class participation is mandatory and the primary function of an activity class. Attitude, enthusiasm, and the simple act of trying, will accumulate participation in this class.

**PARTICIPATION CONSISTS OF 60% OF YOUR FINAL GRADE>**

**EXAMS:**

There will be a final exam at the end of the semester. Final exam consists of 40% of your final grade.

<b>EVALUATION:</b>	90-100%	A
	80-89%	B
	70-79%	C
	60-69%	D
	<60%	F

**ATTENDANCE POLICY**

**The University policy is as follows:**

- 4 Absences – reduction of final grade by one letter grade
- 5 Absences – reduction of final grade by two letter grades
- 6 Absences – reduction of final grade by three letter grades
- 7 Absences - failure

**TARDY POLICY:**

Class begins at 12:30 Tuesday and Thursday

**IF YOU ARE NOT IN CLASS BEFORE THE SPECIFIED TIME YOU ARE TARDY.  
THREE TARDIES WILL BE CONSIDERED AN ABSENCE.**

**Americans with Disabilities Act**

**SHSU adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class,, then I encourage you to register with the SHSU Counseling Center and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodations can be made until you register with the Counseling Center.**

**Student Absences on Religious Holy Days Policy**  
**Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence(s).**