Students will meet during the scheduled class time for instruction, guided practice and testing of the new skills and knowledge. Students will also be required to meet during specific clinical hours where the introduced clinical proficiencies can be practiced.


COURSE DESCRIPTION:
Activity course for the fulfillment of the requirement in physical training; three lab hours per week.

Classroom location: See schedule

COURSE CONTENT:
College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.

COURSE OBJECTIVES:
A. To develop knowledge regarding special topics related to athletic training through research and practice.
B. To provide practical hands-on experience in the treatment of athletic injuries through the use of therapeutic modalities.
C. To develop and reinforce positive attitudes in the NATA Domains and Competencies and the Clinical Proficiencies.
D. To develop self-confidence in oral communication of knowledge through mock oral/practical test.
E. To develop athletic injury/illness vocabulary.
F. To prepare students for the NATABOC certification and the Texas Licensure examinations.
SPECIFIC OBJECTIVES:

1. The student will demonstrate the ability to perform a rudimentary injury examination.
2. The student will demonstrate the ability to complete a rudimentary injury reports in a standardized format.
3. The student will demonstrate the ability to make decisions as to the level of care necessary for a particular injury.
4. The student will demonstrate the ability to collect and maintain the necessary information required by the institution for participation in Intercollegiate Athletics.
5. The student will demonstrate knowledge of the policies and procedures for the institution.
6. The student will demonstrate the ability to check an activity setting for physical and/or environmental hazards.
7. The student will demonstrate the ability to:
   • Calm, reassure, and explain a potentially catastrophic injury to a physically active individual (adult and child), coach, and/or family member:
   • Effectively communicate and work with physicians, EMT, other members of the allied health care community and sports medicine team;
   • Regularly communicate with coaches and family members;
   • Use cultural sensitivity in all aspects of communication;
   • Communicate with diverse populations.

PURPOSE AND GOAL
OF THE COURSE RELATED TO THE COLLEGE MISSION:

This is an introductory skill class dealing with injuries and ailments associated with organized athletes and the physically active. This is the first of four progressive practicum classes. The topics for each of the courses are correlated to the NATABOC Domains and Competencies and the Clinical Proficiencies. This course has a correlation with the college mission statement by allocating a comprehensive program of knowledge, skills, and experiences that is provided through the offering of curricula for academic transfer, career preparation, and continuing adult education by a competent, caring faculty.

CONTENT & METHODS:

A. Observe and work (with L/CI) in the athletic training program, varsity team practice and competition facilities to develop knowledge and skills in the following competencies:
   1. Preventive taping and bandaging
   2. Fitting and maintenance of protective equipment
   3. Proper use of emergency equipment
   4. Evaluation of athletic injuries
   5. Use of treatment modalities
   6. Techniques of wound care
   7. Rehabilitation of athletic injuries
   8. Record keeping responsibilities
   9. Education counseling of athletes and coaches on prevention of injuries
10. Inventory and purchase of equipment and supplies
NOTE: The Athletic Training Staff will schedule hours.

B. The final examination will be comprehensive and scheduled during the regular final examination time. This final oral-practical will be conducted in the fashion of the NATABOC and State Licensure examinations.

EXTENDED RESPONSIBILITIES:
A. Observe and practice writing medical notes during physician's examinations at the athletic training facility and private clinics as scheduled.
B. Observe surgeries conducted by team physician(s).
C. Prepare for the State Licensure and NATABOC examinations.

ACCEPTABLE PROGRESSION IN THE PROGRAM IS BASED UPON SUCCESSFUL COMPLETION OF ALL BASIC SKILLS & SUBJECTIVE CLINICAL EVALUATION OF STAFF ATHLETIC TRAINER.

ATTENDANCE POLICY: Student Attendance

Prompt and regular class attendance is considered necessary for satisfactory work. It is the responsibility of the professor to keep an accurate and comprehensive record of attendance. Cisco College recognizes that absence from class may occur due to illness, death or illness in the immediate family, observance of a religious holiday, or participation in a college-sponsored activity. (Absences due to participation in a college-sponsored activity must be authorized by the Vice President of Instruction.) When absences occur due to the above-stated reasons, the student is allowed to make up work missed; the professor may require the work to be made up within two weeks from its original due date.

During a regular Fall or Spring semester, the following requirements apply for face-to-face classes. For a class that meets three times per week, a student is allowed six absences. For a class that meets two times per week, a student is allowed four absences. For a class that meets one time per week, a student is allowed two absences. If a student misses one more than the allowed number of absences, he/she may be dropped from the class if the professor deems the student to be failing due to excessive absences and/or failure to make up work due to absences.

For online or hybrid courses, a student may be dropped after he/she fails to access the course web site and/or participate in the class for a two-week period, and the professor deems the student to be failing.

During a Summer I or II regular face-to-face class, a student is allowed two absences. Upon the third absence, he/she may be dropped from the class if the professor deems the student to be failing due to excessive absences and/or failure to make up work due to absences.

For any Minimester or Summer night class, a student is allowed one absence. Upon the second absence, he/she may be dropped from the class if the professor deems the student to be failing due to excessive absences and/or failure to make up work due to absences.

Any student who ceases to attend class without officially withdrawing through the Admissions Office is subject to a grade of “F.”

The student will receive a grade of “W” for the course if withdrawn before the “last day to drop with a “W,” and an “F” if withdrawn after “the last day to drop with a “W.”

Three tardies may constitute an absence. Absences immediately before or after a holiday may be counted as double absences.

STUDENT CONDUCT:

Students are expected to take responsibility in helping to maintain a classroom that is conducive to learning. In order to assure that all students have the opportunity to gain from the time spent in class, students are prohibited from using cell phones or beepers, making offensive remarks, reading material not related to class, sleeping, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall
result, at a minimum, in a request to leave class. A more detailed list of inappropriate behaviors is found in the current student handbook.

ACADEMIC INTEGRITY:
It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension. Students are expected to do their own work. If the instructor feels that there is any discrepancy in the work that is submitted, that assignment will not be accepted and a grade of zero “0” will be recorded for that assignment. In the event that there is a question as to the integrity for a test assigned, the test will be picked up and a grade of zero “0” will be recorded for that assignment.

GRADING POLICY:
The student will have chapter assignments throughout the semester that counts toward an overall grade scale point system. The student should not get discourage if he or she does not do well on some assignments due to several other opportunities to improve his or her overall score throughout the rest of the semester. Also, there will be extra credit assignments given to improve your overall score at the end of the semester due to poor test results/assignments along with an end of semester evaluation of overall performance in the hours that you spend in the athletic training room and practices/games. Below is an example of a grade scale point system.

- A = 400+
- B = 350-399
- C = 300-349
- D = 250-299
- F = 249 or less

EVALUATION: Pass / Fail is based on a percentage of 75.
*Skill mastery (this includes the O/P Final Exam) =100 pts
Clinical supervision evaluation
Field work evaluations (2) =50 pts
1 eval performed by the coach of the team you are assigned to and one completed by the L/CI 150 pts

- A 90-100%
- B 80-89%
- C 70-79%
- F Below 70%

Students must successfully master skills to progress to the next practicum level. This includes two additional attempts on skill when mastery is not achieved.

CHANGES to the SYLLABUS:
The above schedule and procedures in this syllabus are subject to change as deemed necessary by the instructor.

STUDENTS with SPECIAL NEEDS:
Students who qualify for special accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the students responsibility to provide the necessary documentation to the Special Populations Coordinator.
Course Objectives and/or Competencies:
A course designed to personalize an appropriate aerobic walking program. The course includes instruction concerning the benefits of fitness walking, clothing, equipment, safety, correct walking technique and fitness components.

RATIONALE:
Walking is an ideal aerobic activity for all ages. Physicians and medical groups encourage people to walk to strengthen and condition the heart and lungs. A walking program can be started on a small scale and increased in difficulty and length of time as cardio-respiratory fitness improves.

LEARNING OBJECTIVES AND OUTCOMES:
As a result of this course, students will be able to:
1. Consistently walk three to five days a week for health.
2. Observe and practice proper walking technique.
3. Increase cardio-respiratory endurance by walking longer.
4. Increase speed by attaining a fifteen-minute or less mile.
5. Use hand weights for resistance. (Optional)
6. Decrease body fat and increase muscle mass.
7. Feel a sense of well-being by reducing stress.

ASSIGNMENTS:
Students will complete an informed consent form, a health history questionnaire and article readings. A one mile walking test will be administered the second day of class. Demonstrations, heart rate checks, and proper stretching are utilized throughout the course.

EVALUATION:
Class participation is required. Evaluation will be based on recorded attendance and participation.

Requirements for Class:
Running, walking or cross-training shoes are recommended to prevent injuries. Bring a water bottle to class.
Final Assessment:
A walking test will be administered as a final assessment.

Course Grading Information:
Attendance (Tests) 20%
Participation/Quizzes 60%
Performance Fitness Test (Improvement) 10%
Final Exam 10% ***A walking test will be administered as a final assessment. ***

ACADEMIC INTEGRITY:
It is expected that a student attending Abilene Educational Center will be scrupulously honest. Therefore, plagiarism and cheating will be dealt with in accordance with the policies of the college.

*** SPECIAL ACCOMMODATION:
In order for a student to receive disability accommodations under Section 504 of the Americans with Disabilities Act, he or she must schedule an individual meeting with the Director of Student Counseling Services immediately upon recognition of their disability (if their disability is known they must come in before the semester begins or make an appointment immediately upon receipt of their syllabi for the new semester). The student must bring with them written documentation from a medical physician and/or licensed clinician that verifies their disability. If the student has received prior accommodations, they must bring written documentation of those accommodations (example Individualized Education Plan from the school system). Documentation must be current (within 3 years). The student must meet with SCS face-to-face and also attend two (2) additional follow up meetings (one mid semester before or after midterm examinations and the last one at the end of the semester). Please note that the student may also schedule additional meetings as needed for support through SCS as they work with their professor throughout the semester. Note: Students must come in each semester to complete their Individualized Accommodation Plan.
Topical Outline

1. Introduction to walking
   A. Fitness walking
   B. Components of health related fitness
   C. Goal Setting
   D. Exercise principles
   E. Benefits of walking

2. Walking plan
   A. Walking techniques
   B. Walking preparation
   C. Journaling
   D. Setting up a walking program

3. Health issues
   A. Prevention and care of injuries
   B. Nutrition
   C. Weight management
Professor Name: David White
Contact Information: Office Location: Cisco Campus Field House
Phone: 254-442-5172   Email: David.white@cisco.edu
Office Hours: 8:00 – 12:00 Monday-Friday
Required Text: NONE

Course Description: Instruction and participation in physical and recreational activities including: Baseball and Baseball specific weight training.

Course Objectives: To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

Class Policies:
- **Course Content** College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.
- **Academic Integrity** It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.
- **Student Conduct** Students are expected to take responsibility in helping to maintain a classroom environment that is conducive to learning. In order to assure that all students have the opportunity to gain from the time spent in class, students are prohibited from using cell phones or beepers, making offensive remarks, reading material not related to class, sleeping, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result, at a minimum, in a request to leave class. A more detailed list of inappropriate behaviors is found in the current student handbook.
- **Changes to the Syllabus** The schedule and procedures in this syllabus are subject to change if deemed appropriate by the instructor.
- **Students with Special Needs** Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to seek out and provide the necessary documentation to the Special Populations Coordinator.

1. **Attendance is required** for satisfactory achievement. A student deemed failing the class due to excessive absences will be dropped from the class after 3 absences.
2. No substances or equipment in violation of the CC Student Handbook will be permitted in this course.
3. Cell phones are expected to be **turned off** or put on silent ring during class.
4. Plagiarism is considered serious academic misconduct. All written assignments presented in this class are expected to be original work by the student. A student caught plagiarizing or cheating will receive a failing grade. Academic dishonesty of any kind will not be tolerated.
5. Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to seek out and provide the necessary documentation to the Special Populations Coordinator.

Grading Policy: Attendance and Participation 100%

Attendance Policy: Attendance is very vital for the outcome of your grade. The grading scale is listed below:
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</tr>
<tr>
<td>4</td>
<td>C</td>
</tr>
<tr>
<td>5+</td>
<td>Must be evaluated by Professor</td>
</tr>
</tbody>
</table>
Course Syllabi

Freshman Bowling – F @ 10AM -1:00PM (AEC)

KINE 1102

Instructor: Coach Jamaal Lewis

Education: B.S. in Health/Physical Education from Southwestern Oklahoma State Univ. ‘14

Office: Athletic Fieldhouse – Football Office

Office Hours: By appointment only

Phone: (254) 442-5177

COURSE OBJECTIVES: To learn and perform the game of bowling. This includes the rules, scoring system, and advanced strategies of the game.

INFORMATION: This course will take place on the Abilene Education Center and an off-site bowling alley in Abilene that will be announced to the class.

COURSE MATERIALS: Comfortable athletic clothes/shoes, no required textbook

GRADING POLICY/ATTENDANCE: Course grades will be solely determined off of attendance and effort in class. Students will only have three (3) allowed absences throughout the semester until they will be dropped. Students that arrive on time and show a cooperative effort will receive an A.
Course Syllabi

Sophomore Bowling – F @ 10AM -1:00PM (AEC)

KINE 1102

Instructor: Coach Jamaal Lewis

Education: B.S. in Health/Physical Education from Southwestern Oklahoma State Univ. ‘14

Office: Athletic Fieldhouse – Football Office

Office Hours: By appointment only

Phone: (254) 442-5177

COURSE OBJECTIVES: To learn and perform the game of bowling. This includes the rules, scoring system, and advanced strategies of the game.

INFORMATION: This course will take place on the Abilene Education Center and an off-site bowling alley in Abilene that will be announced to the class.

COURSE MATERIALS: Comfortable athletic clothes/shoes, no required textbook

GRADING POLICY/ATTENDANCE: Course grades will be solely determined off of attendance and effort in class. Students will only have three (3) allowed absences throughout the semester until they will be dropped. Students that arrive on time and show a cooperative effort will receive an A.
Cisco College
KINE 1101/1102/2101/2102
1 Credit Hour
Spring 2014

Instructors: Various - Listed by class
Contact: Justin Braddock
Office: Fieldhouse
Phone: 254-442-5033
E-mail: Justin.braddock@cisco.edu

Required Text:

Course Description: Instruction and participation in physical and recreational activities including: basketball, baseball, Golf, bowling, football, racquetball, softball, volleyball, athletic training, weight training or physical fitness.

Course Objectives: To Understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

Listed below are the Classes and sections offered this Semester:

- KINE 1102_01_02 White
- KINE 2101_01_02 Braddock
- KINE 1101_29 Braddock
- KINE 1102_03_21/2102_03_21
- KINE 1102/2102 05
- KINE 1102/2102 06
- KINE 1102/2102 07_08_51
- KINE 1102/2102 09_10
- KINE 1102/2102_11_22
- KINE 1102 13
- KINE 2102_13
- KINE 1102_14_15_16/2102_14_15_16
- KINE 1102_18
- KINE 1102/2102_19
- KINE 1102_/2102_04 1145/2145_01
- KINE 1102/2102_21
- KINE 1101/2101 52_53_E1

Class Policies:
- Course Content: College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.
- Academic Integrity: It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as
their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.

- **Student Conduct** Students are expected to take responsibility in helping to maintain a classroom environment that is conducive to learning. In order to assure that all students have the opportunity to gain from the time spent in class, students are prohibited from using cell phones or beepers, making offensive remarks, reading material not related to class, sleeping, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result, at a minimum, in a request to leave class. A more detailed list of inappropriate behaviors is found in the current student handbook.

- **Changes to the Syllabus** The schedule and procedures in this syllabus are subject to change if deemed appropriate by the instructor.

- **Students with Special Needs** Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to provide the necessary documentation to the Special Populations Coordinator.

1. Attendance is **required** for satisfactory achievement. A student deemed failing the class due to excessive absences will be dropped from the class after 6 absences.
2. No substances or equipment in violation of the CC Student Handbook will be permitted in this course.
3. Cell phones are expected to be **turned off** or put on silent ring during class.
4. Plagiarism is considered serious academic misconduct. All written assignments presented in this class are expected to be **original work** by the student. A student caught plagiarizing or cheating will receive a failing grade. Academic dishonesty of any kind will not be tolerated.
5. Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to seek out and provide the necessary documentation to the Special Populations Coordinator.

**Grading Policies:**

These are left to the individual instructor listed for each class.

**Grade Assignment:**

- A = 90 - 100
- B = 80 - 89
- C = 70 - 79
- D = 60 - 69
- F = Below 59
Cisco College  
**KI NE 1102-03/ 1102-21/ 2102-03/ 2102-21**  
1 Credit Hour  
Spring 2016

Instructors: Charinee Mitchell  
Contact: Charinee Mitchell  
Office: Schafer Hall  
Phone: 254-4425174  
E-mail: charinee.mitchell@cisco.edu  
**Required Text:** NONE  

**Course Description:** Instruction and participation in physical and recreational activities including: basketball, baseball, bowling, football, racquetball, softball, volleyball, athletic training, weight training or physical fitness.

**Course Objectives:** To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

Listed below are the Classes and sections offered this Semester:

- KINE 1102_ 03
- KINE 1102_ 21
- KINE 2102_ 03
- KINE 2102_ 21

**Class Policies:**

- **Course Content** College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.
- **Academic Integrity** It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.
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1. Attendance is **required** for satisfactory achievement. A student deemed failing the class due to excessive absences will be dropped from the class after 6 absences.
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5. Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to seek out and provide the necessary documentation to the Special Populations Coordinator.

**Grading Policies**: These are left to the individual instructor listed for each class.

**Grade Assignment**:
- A = 90 – 100
- B = 80 – 89
- C = 70 – 79
- D = 60 – 69
- F = Below 59
Cisco College
KINE 1101/1102/2101/2102
1 Credit Hour
Spring 2016

Instructors: Susan Moore
Office: Schaefer Hall
Phone: 254-442-5004
E-mail: susan.moore@cisco.edu

Required Text: None

Course Description: Instruction and participation in physical activity.

Course Objectives: To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

Listed below are the Classes and sections offered this Semester:

- KINE 1101.11 1102.22 Volleyball Training
- KINE 2102.11 2102.22 Volleyball Weights

Class Policies:

- **Course Content** College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.

- **Academic Integrity** It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.

- **Student Conduct** Students are expected to take responsibility in helping to maintain a classroom environment that is conducive to learning. In order to assure that all students have the opportunity to gain from the time spent in class, students are prohibited from using cell phones or beepers, making offensive remarks, reading material not related to class, sleeping, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result, at a minimum, in a request to leave class. A more detailed list of inappropriate behaviors is found in the current student handbook.

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- **Students with Special Needs** Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to provide the necessary documentation to the Special Populations Coordinator.
1. Attendance is **required** for satisfactory achievement. A student deemed failing the class due to excessive absences will be dropped from the class after 6 absences.
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**Grading Policies:**
These are left to the individual instructor listed for each class.

**Grade Assignment:**
- A = 90 - 100
- B = 80 - 89
- C = 70 - 79
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- F = Below 59
Course Syllabi

Freshman Racquetball/Wallyball – M/W @ 9:35AM-11:00AM

KINE 1102

Instructor: Coach Jamaal Lewis

Education: B.S. in Health/Physical Education from Southwestern Oklahoma State Univ. ‘14

Office: Athletic Fieldhouse – Football Office

Office Hours: By appointment only

Phone: (254) 442-5177

COURSE OBJECTIVES: To learn and perform the game of racquetball. This includes the rules, scoring system, and advanced strategies of the game.

COURSE MATERIALS: Comfortable athletic clothes/shoes, no required textbook

GRADING POLICY/ATTENDANCE: Course grades will be solely determined off of attendance and effort in class. Students will only have three (3) allowed absences throughout the semester until they will be dropped. Students that arrive on time and show a cooperative effort will receive an A.
Course Syllabi

Sophomore Racquetball/Wallyball – M/W @ 9:35AM-11:00AM

KINE 1102

Instructor: Coach Jamaal Lewis

Education: B.S. in Health/Physical Education from Southwestern Oklahoma State Univ. ‘14

Office: Athletic Fieldhouse – Football Office

Office Hours: By appointment only

Phone: (254) 442-5177

COURSE OBJECTIVES: To learn and perform the game of racquetball. This includes the rules, scoring system, and advanced strategies of the game.

COURSE MATERIALS: Comfortable athletic clothes/shoes, no required textbook

GRADING POLICY/ATTENDANCE: Course grades will be solely determined off of attendance and effort in class. Students will only have three (3) allowed absences throughout the semester until they will be dropped. Students that arrive on time and show a cooperative effort will receive an A.
Cisco College  
KINE 1101/1102 & 2101/2102  
Fr. & Soph. Soccer & Fr. & Soph. Soccer Weights  
1 Credit Hour  
Spring 2016

Professor Name: Freddy Drago  
Contact Information: Office Location: Cisco Campus Field House  
Office Phone: 254-442-5005 E-mail: fdrago@cisco.edu  
Office Hours: 10:00 – 12:00 Monday through Thursday  
Required Text: NONE

Course Description: Instruction and participation in physical and recreational activities including: soccer and soccer specific weight training.

Course Objectives: To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

Class Policies:

- **Course Content** College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.
- **Academic Integrity** It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.
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Grading Policy: Attendance and Participation 100%

Attendance Policy: Attendance is very vital for the outcome of your grade. The grading scale is listed below:

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<td>5+</td>
<td>Must be evaluated by Professor</td>
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Cisco College
KINE 1102 09/ 1102 10/ 2102 09/ 2102 10
PT-FR-Softball, PT-FR-Weights, PT-Soph-Softball, PT-Soph-Weights
Spring 2016

Instructors: L. Dean
Office Hours: Mon/Wed/Fri 8am-12pm, Tues/Thurs 8am-9:30am 11am-12pm
Office: Fieldhouse
Phone: 254-442-5015
E-mail: leslie.dean@cisco.edu

Required Text: No Text Book Required

Course Description: Instruction and participation in physical and recreational activities including: basketball, baseball, bowling, football, racquetball, softball, volleyball, athletic training, weight training or physical fitness.

Course Objectives: To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness. Teaching fundamentals and technique to softball athletes. All aspects of the game (strategy to being a good teammate) are administered to achieve the goal to successfully compete.

Listed below are the Classes and sections offered this Semester:

- KINE 1102_09
- KINE 1102_10
- KINE 2102_09
- KINE 2102_10

Class Policies:

- **Course Content** College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.

- **Academic Integrity** It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.

- **Student Conduct** Students are expected to take responsibility in helping to maintain a classroom environment that is conducive to learning. In order to assure that all students have the opportunity to gain from the time spent in class, students are prohibited from using cell phones or beepers, making offensive remarks, reading material not related to class, sleeping, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result, at a minimum, in a request to leave class. A more detailed list of inappropriate behaviors is found in the current student handbook.

- **Changes to the Syllabus** The schedule and procedures in this syllabus are subject to change if deemed appropriate by the instructor.
Students with Special Needs: Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student's responsibility to provide the necessary documentation to the Special Populations Coordinator.

1. Attendance is **required** for satisfactory achievement. A student deemed failing the class due to excessive absences will be dropped from the class after 6 absences.
2. No substances or equipment in violation of the CC Student Handbook will be permitted in this course.
3. Cell phones are expected to be **turned off** or put on silent ring during class.
4. Plagiarism is considered serious academic misconduct. All written assignments presented in this class are expected to be **original work** by the student. A student caught plagiarizing or cheating will receive a failing grade. Academic dishonesty of any kind will not be tolerated.
5. Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student's responsibility to seek out and provide the necessary documentation to the Special Populations Coordinator.

**Grading Policies:**

These are left to the individual instructor listed for each class.

**Grade Assignment:**

- A = 90 – 100
- B = 80 – 89
- C = 70 – 79
- D = 60 – 69
- F = Below 59
Instructors: Cody LeCroy
Office: 254-442-5029
E-mail: cody.lecroy@cisco.edu

Course Description: Instruction and participation in physical and recreational activities including: basketball, baseball, bowling, football, racquetball, softball, volleyball, athletic training, weight training or physical fitness.

Course Objectives: To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

- KINE 1102_2102_15
  Walk & Jog

Class Requirements: Athletic Apparel; Shorts, T-shirt. Athletic Shoes; no open toe shoes or flip-flop/slides.

Class Policies:

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4. Plagiarism is considered serious academic misconduct. All written assignments presented in this class are expected to be *original work* by the student. A student caught plagiarizing or cheating will receive a failing grade. Academic dishonesty of any kind will not be tolerated.
5. Students who qualify for specific accommodations under the Americans with Disabilities Act (ADA) should notify the instructor the first week of class. It is the student’s responsibility to seek out and provide the necessary documentation to the Special Populations Coordinator.

**Grading Policies:**
3 no shows will result in a 10 point deduction from final grade

**Grade Assignment:**
- A = 90 – 100
- B = 80 – 89
- C = 70 – 79
- D = 60 – 69
- F = Below 59
Cisco College  
KINE 1102/2102_16  
1 Credit Hour  
Spring 2016

Instructors: Cody LeCroy  
Office: 254-442-5029  
E-mail: cody.lecroy@cisco.edu

Course Description: Instruction and participation in physical and recreational activities including: basketball, baseball, bowling, football, racquetball, softball, volleyball, athletic training, weight training or physical fitness.

Course Objectives: To understand how lifestyle changes and physical activities can have a positive impact on their personal wellness.

- KINE 1102_2102_16  
  Weights

Class Requirements: Athletic Apparel; Shorts, T-shirt. Athletic Shoes; no open toe shoes or flip-flop/slides.

Class Policies:
- **Course Content** College-level courses may include controversial, sensitive, and/or adult material. Students are expected to have the readiness for college-level rigor and content.
- **Academic Integrity** It is the intent of Cisco College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offender liable to serious consequences, possibly suspension.
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2. No substances or equipment in violation of the CC Student Handbook will be permitted in this course.

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**Grading Policies:**
3 no shows will result in a 10 point deduction from final grade

**Grade Assignment:**
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Course Syllabus
Course Name: YOGA Level 1
Course Number: KINE 1101
Course Description: A course designed to increase stamina and flexibility and reduce stress through instruction in the various styles and techniques of yoga.
Pre-requisites/Co-requisites: none
Course Learning Outcomes:
By the end of the semester students will:
- Demonstrate an understanding of basic yoga poses
- Demonstrate the ability to execute warm up routine
- Demonstrate the ability to execute 15 poses
- Demonstrate the ability to modify poses for varied ability levels
- Demonstrate and perform breathing techniques

INSTITUTIONAL ABSENCE
It is the responsibility of each student to contact the instructor prior to the absence and to make arrangements to make up any work that will be missed, in a manner acceptable to the instructor.
BEVERLY MASSEY - CELL 254-631-8803 OR EMAIL bmassey@cisco.edu
Find me in room 101 Harrell Fine Arts - Director of Purchasing

MUST TEXT OR EMAIL ME IF NOT COMING - ***3 UN NOTIFIED ABSCENESS = DROP***

CLASS TIME 12:00pm - 12:50pm PLEASE BE QUIET WHILE WAITING IN HALLWAY

DO NOT ENTER DANCE ROOM IF I AM NOT PRESENT.

NO TALKING IN CLASS, WHEN I SAY CLASS BEGINS- ALL TALKING STOPS- IF YOU CHAT WITH PERSON BESIDE YOU WITH, YOU WILL BE ASKED TO MOVE-3 WARNINGS=DROP

PLEASE SILENCE ALL CELL PHONES DURING CLASS- NO TEXTING, EMAIL, OR CALLS-

IF EMERGENCY, GO OUT TO THE HALLWAY- QUIETLY

IF ARRIVING LATE COME IN QUIETLY, - DO NOT INTERRUPT CLASS

IF SPORT OR OTHER INJURY, I MUST HAVE A SIGNED EXCUSE FROM THE TRAINERS OR YOUR DOCTOR WITH # of DAYS UNABLE TO PARTICIPATE.

DURING LAST 5 MINUTES OF CLASS OR WHEN I CUE FINAL RELAXATION. NO TALKING, LAUGHING.

QUIET PLEASE RESPECT OTHERS!

WORKOUT PREPARATION LET GO OF OUTSIDE STRESS!!!

LET GO OF COMPETITION

BE PRESENT IN CLASS!!! RESPECT OTHERS

PRACTICE AT HOME IF YOU LIKE- BREATHING-SUN SALUTATIONS-

SEE CHART

ANY QUESTIONS- NEED ONE ON ONE FOR A PARTICULAR POSE- PLEASE SEE ME AFTER CLASS-

SPECIAL CIRCUMSTANCES IN ATTENDANCE CAN BE MADE UP BY HOMEWORK-

PLEASE SEE ME ABOUT THIS EARLY ON.