Midland College Syllabus
2018 - 2019
KINE 1105
Physical Fitness: Individual Fitness
Lecture Hours: 0
Lab Hours: 0
Credit Hours: 3

Instructor Information:
Instructor: Click here to enter text.  
Office: Click here to enter text.
Phone: Click here to enter text.  
Email: 
Office Hours: 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 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. 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.

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:
- Diving for Gold by Ron O’Brien

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 and USA Diving.
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.

**Evaluation of Students:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight (%)</th>
<th>Grade Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>75</td>
<td>A = 90-100%</td>
</tr>
<tr>
<td>Assignments</td>
<td>15</td>
<td>B = 80-89%</td>
</tr>
<tr>
<td>Final Paper</td>
<td>10</td>
<td>C = 70-79%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>D = 60-69%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>F = 0-59%</td>
</tr>
</tbody>
</table>

**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

Math/Science Division Information:
Division Dean: Dr. Margaret Wade 125 AHSF 432-685-4615
Department Chair: Ms. Sheena Thompson 119 PE 432-685-4579
Division Secretary: Mrs. Carol Pritchard 124 AHSF 432-685-6404
Division Clerk: Mr. Sarah Anderson 124 AHSF 432-685-6896
## Contents

Midland College Syllabus........................................................................................................1

Instructor Information: ........................................................................................................1
  Instructor: .....................................................................................................................1
  Phone: .......................................................................................................................1
  Office Hours: .............................................................................................................1

Notice..................................................................................................................................1

Course Description .............................................................................................................1

Core Objectives: ...............................................................................................................1

Text, References, and Supplies: ..........................................................................................1

Student Learning Outcomes: ............................................................................................1

Student Contributions, Responsibilities and Class Policies: .............................................2

Evaluation of Students: ....................................................................................................2

Attendance Policy: ..........................................................................................................2

Withdrawal Policy: ..........................................................................................................3

Scholastic Dishonesty: .....................................................................................................3

ADA Statement: ..............................................................................................................3

Math/Science Division Information: ..................................................................................3