Department of Military Science
Army Physical Fitness Training KIN 200.017
Spring 2016

Instructor: LTC Paul Pfeiffer
Office: Military Science Bldg
Office Hours: M, F 9 am-4 pm, by appt or walk-in
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Course Time / Location: Mon, Wed, Fri - 6-7 am, HPE
Credits: 2.0

Prerequisites: none

I. Course Description:
KIN 200.017 provides students a foundation in physical fitness topics and team development skills. Course subjects include components of physical fitness and exercise. Exercises emphasize flexibility, muscular endurance and cardiovascular fitness. The principle vehicle used to test the student’s physical fitness is the Army Physical Fitness Test (APFT). The APFT consists of push-ups, sit-ups, and a two mile run. Emphasis will be placed on flexibility, upper body strength, abdominal strength, and cardiovascular endurance. Students in the course will participate alongside cadets in the physical training activities of the United States Army Reserve Officer Training Corps (ROTC) at SFA.

II. Learning Outcomes/Goals/Objectives:
This course is nested under the College of Education’s Conceptual Framework and Vision, Mission, Goals and Core Values. The course objectives include exposing students to the benefits derived from a good physical fitness program, providing students with the knowledge and skill to develop a safe and effective personal physical fitness program, improving students’ level of fitness, and introducing students to alternative activities and sports which supplement personal fitness programs.

Student Learning Outcomes:
Students will demonstrate physical skills needed to participate in the physical activity.
Students will demonstrate knowledge about the physical activity.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
You will be required to participate in a vigorous physical fitness program with the entire Stephen F. Austin State University Army ROTC program. Much of this physical fitness training is conducted in military formations in accordance with the U.S. Army’s physical fitness training doctrine. Non-ROTC students will be assigned to a cadet platoon and will conduct all physical training as part of their assigned platoon. Non-ROTC students are required to follow directives from assigned cadet leadership and ROTC instructors.

IV. Evaluation and Assessments (Grading):
Attendance, participation, and physical fitness improvement are all considered for your grade. The following grading scale will be used:
<table>
<thead>
<tr>
<th>Category</th>
<th>Possible Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance &amp; Participation</td>
<td>90 (see section below on attendance, participation, and absences)</td>
</tr>
<tr>
<td>APFT Performance/Improvement</td>
<td>10 (see section below on APFT points)</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
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</tbody>
</table>

Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100</td>
<td>A (Excellent)</td>
</tr>
<tr>
<td>80-89</td>
<td>B (Above Average)</td>
</tr>
<tr>
<td>70-79</td>
<td>C (Average)</td>
</tr>
<tr>
<td>60-69</td>
<td>D (Below Average)</td>
</tr>
<tr>
<td>59 &amp; Below</td>
<td>F (Failure)</td>
</tr>
</tbody>
</table>

V. Tentative Course Outline/Calendar:
We meet every Monday, Wednesday, and Friday morning at the HPE during the semester to conduct physical fitness training. **ROTC participating students are required to attend two of the three class periods each week, as this is a two credit hour course.** ROTC contracted students are required to attend all three periods, plus any additional training as scheduled by the ROTC department. All students, must attend the regularly scheduled APFT. The first APFT will be held on Friday, January 30th. Subsequent APFT events will be scheduled at a later date. Exceptions will be briefed at the session prior to the change in schedule. For example, the class may meet at an alternate location, such as the commuter parking lot or the track in the football stadium. The cadet chain of command will help to further disseminate any exceptions.

VI. Readings (Required and recommended—including texts, websites, articles, etc.):
There is no text requirement.

VII. Course Evaluations:
At the end of each term you will be required to complete an online evaluation. This is typically done via your mySFA account. Your feedback is very important. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. Please know that the faculty are committed to excellence in teaching and continued improvement. Therefore, your response is critical. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

**Class Attendance, Participation, and Absences: Policy 6.7**

Overview. Regular, punctual attendance, and documented participation, are expected at all classes for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades.
Class times for KIN 200.017 begin promptly at 6:00 am. **ROTC cadets are required to be at formation at 0545 for accountability purposes.** Students will be present and ready to begin warm up activities at this early start time. Students who are punctual and prepared for every class, and put forth an honest effort for the duration of each class, will receive full attendance and participation points.

Excused Absences. Excused absences, as governed by university policy, will not adversely affect the student's grade. At the discretion of the instructor, students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. Students are expected to coordinate with the instructor 12 or more hours prior to the class meeting. Further advance notice is desired. When an absence is impossible to predict, notify the instructor immediately following the absence. The instructor may reclassify any unexcused absence to an excused absence, but only when the student provides information or documentation to the satisfaction of the instructor.

Unexcused Absences. An absence from class without an approved excuse from the instructor is considered an unexcused absence. Unexcused absences will affect the student's grade as follows:

1. \( \frac{\text{# of Class Sessions Attended}}{\text{# of Class Sessions Required}} = \text{Attendance and Participation Percentage} \)
2. Attendance Percentage \( \times 90 \) points = Attendance and Participation Points

At the discretion of the instructor, the instructor can additionally modify a student's attendance and participation points as follows:

1. Students who arrive late, even if only by a minute or two or not at the precise location when formation is called, can lose up to one full point from their overall attendance and participation points for each occurrence.
2. Students who do not put forth an honest effort to complete the activities for the day, can lose up to one full point from their overall attendance and participation points for each occurrence.
3. The instructor may reward bonus participation points for an exceptional effort put forth by a student of up to one full point to that student’s overall attendance and participation points for each occurrence. However, overall attendance and participation points will not exceed 90 total points for the semester.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6**

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilitiyservices/.

**Student Academic Dishonesty: Policy 4.1**

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.
Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one’s own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one’s paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).
Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class, may receive an unexcused absence for that day, and may be subject to further judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA.
IX. Other Relevant Course Information:

**Attire:** Dress appropriately for each class. Contracted Army ROTC cadets will wear approved Army Physical Fitness uniforms. For Army ROTC students who are not contracted or students not affiliated with the Army ROTC program, clothing is up to the individual student but must allow for freedom of movement and be seasonally appropriate e.g. T-shirts, warm-ups, and shorts. Shirts and athletic running shoes will be worn at all times. Students are also required to have and wear a reflective belt or vest during class for safety reasons as many class sessions will involve running on the roads in and around the SFA campus. Students who fail to dress appropriately for class will be asked to leave and at the discretion of the instructor, will receive an unexcused absence for that class period.

**Medical:** The University, the Military Science Department, or the Kinesiology and Health Science Department do not provide medical coverage for injuries or illnesses which occur from participating in this course. It is the individual’s responsibility to provide their own medical coverage. Contracted ROTC cadets are covered under the terms of that cadet’s contract. Students who are injured or sick and cannot conduct the training must alert their instructor to arrange for alternate training.

**APFT Performance and Improvement:** Students will be evaluated on their performance and improvement on this Army standardized test. To accomplish this, students will take a diagnostic APFT at the beginning of the semester and a final, for record APFT at the end of the semester. A student will achieve 1 APFT improvement point for every percentage point that student improves his or her APFT score for a maximum possible 10 overall APFT points. Students that pass the final APFT with 60 or more points in each event will automatically receive up to 5 overall APFT points; those that score 90 or more points in each event on the final APFT will receive the maximum 10 overall APFT points. As this test may be unfamiliar to some students, particularly to those unfamiliar with the US Army, the first APFT will not be administered until 30 January and subsequent tests will be administered throughout the semester so students may better gauge their individual progress. Failure to take the final APFT will result in zero APFT points.

**LIVETEXT:** This course collects assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education, using the LiveText data management system. Students who do not have an existing LiveText account will receive an access code via your SFA Titan email within the first week of class. You will be required to register your LiveText account, and you will be notified how to register your account. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails. If you have questions about LiveText, call ext. 1267 or e-mail SFALiveText@sfasu.edu.

**Other:** Any questions regarding this syllabus should be directed to LTC Paul Pfeiffer, Department of Military Science at 468-4505/4558.

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Lieutenant Colonel, US Army  
Professor of Military Science