

Adapted Physical Education

PHED 1130 Spring 2025

Dee Dee Ninemire

Office: PE 105

Office Hours: T-Th 11am-12pm and M-Th 3:45-4:30pm ** (or by appointment) **

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Do not discard! You will need to refer to this occasionally.

This course will incorporate a multitude of strength and cardiovascular activities, as well as lectures on nutrition to provide students with the necessary tools to improve personal fitness and take responsibility for long term health.

Required Supplies: Thin spiral notebook and measuring tape.

Dress Code:

- Athletic attire (athletic shoes, t-shirt, shorts or workout pants).
- *Short* shorts (booty shorts) are NOT acceptable. Beware of big legged shorts also. Keep your private parts PRIVATE!
- Pull your long hair back.
- Athletic shoes are required. Open toe shoes, sandals, or jeans will not be allowed.
- We are here to work, so wear clothes that are up to the task!

Attendance/ Grading Policies:

Regular attendance is mandatory for successful completion of this course! The first few weeks will be intensive, so missing class will cause you to get behind.

Grading Policies: A points system will be used to determine your grade. The possible points are subject to change, but your grade will always be based on a percentage of those available.

280-300= A. Attendance and Participation: **If you NEVER miss class, you will be exempt from the final exam.** Up to 10 points per day may be awarded for this category based on attendance and participation in class discussions.

- Absence= awarded 0 points for the day
 - ANY cell phone activity= -10 points
 - Tardy or leaving early=-3 points
 - Non-participation= -5 points (Max of 2. All others will be an absence)
 - Poor participation= -5 points
1. **Phones are NOT ALLOWED in class. You will lose 10 points per instance of use, and you may be asked to leave if it creates a distraction.**
 2. You will automatically lose one letter grade upon your 4th absence.
 3. You will automatically lose two letter grades upon your 5th absence.
 4. You will be dropped from class after 6 absences or 6 missed assignments until **April 30**. After that date, the student will receive an F for 6 absences.
 5. **TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS.** This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog

6. MAKE-UPS: Two absences may be made-up, if approved, during the semester to avoid a grade penalty outlined in #2-#4. All approved make-ups must be completed by **May 1st**...No exceptions!

B. Exams/ Assignments: (Approx.700 points available)

1. ***Make up exams: Not allowed unless arrangements are made prior to the test.***
2. Some assignments will be performed in class. You will receive a zero for an assignment if you are inappropriately dressed or absent.
3. ***Late assignments are not accepted.***

General Guidelines:

- Water only. No other food or drinks allowed (*unless you need a medical exception*). We will not take water breaks during class. If you want water, bring it with you.
- No headphones, unless class is given unstructured time to work out independently.
- Do not eat a heavy meal prior to this class, *but make sure you have eaten!*
- Do not use equipment you have not received instruction on.
- You may use a locker, at no charge for the semester. See your instructor for details.

Grading Policy

You will be graded based on the percentage of total points you earn. The point total is subject to change, but the standard percentage will still apply. EX: 90% of total points will be an A, etc...

Available Points (Subject to change)

Attendance: 290
Measurement Charts: 300
Journal/ Work out record: 200
Quizzes (2): 200
Final Exam: 100

Tentative Grading Scale

| | |
|---|-------------|
| A | 981-1090 |
| B | 872-981 |
| C | 763-871 |
| D | 654-762 |
| F | 653 or less |

COVID: If you're symptomatic, contact the school nurse, DeEtte Edens, at dedens@southplainscollege.edu or at (806) 716-2376. If your test results are positive, contact all your instructors to make plans for missed work.

Required Syllabus Statements: <https://www.southplainscollege.edu/syllabusstatements/>

