



# Syllabus for KINS-66 Concept of Physical Fitness and Exercise

## Course Information

Semester & Year: Spring 2026

Course ID and Section number: KINS-66-V0145

Instructor's name: Kyle Van Dyke

Day and time of required meetings: N/A

Location: Online

Course units: 3.0

## Instructor Contact Information

Office location: PE 100H

Office hours: By appointment

Email address: [kyle-vandyke@redwoods.edu](mailto:kyle-vandyke@redwoods.edu)

**Textbook:** Not required to purchase, but the slides we use are sourced from the following book:

Principles and Labs for Fitness & Wellness, 16<sup>th</sup> edition. Authors are Hoeger, Hoeger, Meteer & Hoeger. Cengage Learning ISBN number is 978-0-357-72750-8

## Other Materials:

Fitness tracking apps will be utilized for certain assignments or labs. We will discuss options that may be used.

## Catalog Description

A course designed to introduce the principles of cardiorespiratory fitness, body composition, flexibility, and muscular strength/endurance. Physiological adaptations to exercise and reduction to disease risk are studied as are the basic principles of nutrition and how nutrition affects performance and fitness.

- *This course fulfills the CSU-GE Area E: Lifelong Learning requirement.*
- *This course is also a required course for the CR Personal Trainer Certificate of Recognition.*

## Course Student Learning Outcomes

1. Create, analyze, and perform personal fitness goals in the areas of cardiorespiratory fitness, body composition, flexibility, muscular strength, and muscular endurance.
2. Create and analyze various exercise prescriptions related to the F.I.T.T. Principle and other Principles of Exercise.

3. Explain assessment techniques of resistance training, cardiorespiratory fitness, body composition measurements, and flexibility.
4. Explain the combined role of nutrients and exercise physiology in energy expenditure, weight management, and degenerative diseases.

## Prerequisites/corequisites/ recommended preparation

None.

## Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- A learning disability (such as dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (such as audio books or E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Disability Services and Programs for Students \(DSPS\)](#). If you are unsure whether you qualify, please contact DSPS for a consultation: [dsps@redwoods.edu](mailto:dsps@redwoods.edu).

### DSPS office locations and phone numbers

#### Eureka campus

- Phone: 707-476-4280
- Location: Student Services Building, first floor

### Student Support Services

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

The following online resources are available to support your success as a student:

#### [CR Online Learning Support](#)

Tech support, laptop loans, guides to using Canvas, installing Office 365 for free, and more.

#### [Library Articles & Databases](#)

Find the best library databases for your research.

### [Online Tutoring Resources](#)

Participate in tutoring over Zoom.

To learn more about the resources available to you, click on a title bar below, or click the down arrow to expand them all.

Klamath-Trinity students can contact the CR Klamath-Trinity Office for specific information about student support services at 530-625-4821.

## **Community College Student Health and Wellness**

### National Suicide Prevention Lifeline

If you are in distress or are with someone at risk right now, call or text the National Suicide Prevention Lifeline.

#### Call the National Suicide Prevention Lifeline

1-800-273-TALK (8255)

#### Text the National Suicide Prevention Lifeline

741-741

### Timely Care

When you're not feeling well physically or distressed mentally, Timely Care can offer the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. [Log in or set up an account with Timely Care.](#)

### Mental Health Counseling

Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

- Text: 707-496-2856
- Email: [shawnabmft@gmail.com](mailto:shawnabmft@gmail.com)
- Fax and voicemail: 707-237-2318

### Wellness Central

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Wellness Central](#).

## **Counseling**

[Counseling and Advising](#) can assist students in need of academic advising and professional counseling services. Call, email or stop by one of our offices to make an appointment!

Counseling and Advising office locations and contact info

#### Eureka campus

- Phone: 707-476-4150
- Location: Student Services Building, first floor
- Email: [counseling@redwood.edu](mailto:counseling@redwood.edu)
- Hours: Monday through Friday, 9am to 4pm. Summer hours may vary

## Basic Needs Center

[The Basic Needs Center](#) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. [Submit a request for services and information](#).

#### Basic Needs Center contact info

- Phone: 707-476-4153
- Email: [the-grove@redwoods.edu](mailto:the-grove@redwoods.edu)

## Learning Resource Center

The Learning Resource Center includes the following resources for students:

#### Library Services

[Library Services](#) promotes information literacy and provides organized information resources.

#### Multicultural and Equity Center (MCE)

The [Multicultural and Equity Center](#) is a dynamic and inclusive place that supports all students in their academic and personal journeys at the college. We do this by creating community, home away from home, and a safe place for cultural expression, cross-cultural learning, access to college and dignity resources, and social justice work opportunities. The MEC is committed to retention and student success by offering activities related to leadership development, student connectedness and student equity. We are a student-centered program that fosters respect for all people.

#### Academic Support Center

The [Academic Support Center](#) offers tutoring and test proctoring for CR students.

#### Student Tech Help

[Student Tech Help](#) provides students with assistance around a variety of tech problems.

## Extended Opportunity Programs and Services (EOPS)

[Extended Opportunity Programs and Services](#) (EOPS) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

## TRiO Student Success Program

The TRiO Student Support Services Program provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program with the [Eureka TRiO office](#) or the [Del Norte TRiO office](#).

## Veterans Resource Center

The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

## CalWORKS

California Work Opportunity & Responsibility to Kids ([CalWORKS](#)) provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF benefits), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority registration, laptop and calculator loans, career, academic, and personal counseling, and more!

## Evaluation & Grading Policy

### Final Grade scale:

A= 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 59% and below

\*Make up work may be accepted at the teacher's discretion.

## Course Requirements:

- **Individual Exercise Prescription:** Throughout the semester various assignments will be given with the objective being for the student to develop their own personal exercise and nutrition portfolio. Assignments spread throughout the semester will include target heart rate calculations, exercise sessions where a fitness tracking app will be used, nutrition analysis, body composition analysis, and various labs from the textbook.
  - More details on each assignment will be explained in the week they are assigned.
- **Chapter Labs:** various labs located at the back of chapters will be assigned. Not all labs will be completed, only those that I identify.
- **Group work and discussions:** Various chapters will have in-class group work and discussions. Prior to these, you will be given directions on how to research and bring information to class for use during the discussions.
- **Quizzes and Exams:** There will be weekly-biweekly quizzes, a midterm, and final exam.
- **Workout Plan mini paper:** This will be assigned towards the end of the semester and will entail the student designing a workout plan for a specific individual. More details will be provided.

- **Textbook reading and classroom engagement:** It is imperative that you read the textbook to gain the value and understanding of the information we discuss in class. The more you read as well as being an active learner in the classroom, the more in-depth your classroom experience will be.

## Spring 2026 Dates

Date	To Remember
January 16	Last day to register for classes (day before the first class meeting)
January 17	Classes begin
January 19	MLK Day (campus closed)
January 30	Last day to add a class
February 1	Last Day to Drop w/out a "W"
February 2	Census Date (20% of class)
February 13	Lincoln's Birthday (campus closed)
February 16	President's Day (campus closed)
March 16-20	Spring Break (campus closed)
March 31	Cesar Chavez Day (campus closed)
May 15	Semester Ends
May 22	Grades Due

## Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

## AI Use Class Policy

Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. Sometimes, using these tools appropriately can help us

overcome barriers and allow us to focus on deeper learning. However, overuse of these tools can undermine the development of our critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, it is sometimes appropriate and sometimes inappropriate to use generative AI in the completion of assignments or in discussion posts. For this class, please see the specific assignment instructions for guidance on how and when generative AI tools may be used appropriately as we're working on and learning from a particular assignment. Also, please keep in mind that you are responsible for anything you submit; please carefully review all AI-generated outputs, screening them for accuracy, bias, appropriateness, and fidelity to your perspective.

## Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

## Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

## Canvas Information

- Log into Canvas at [My CR Portal](#)
- For help logging in to Canvas and general tech help, visit [Student Technical Support](#)
- Once you're logged in to Canvas, you click on the Help icon on the left menu
- Canvas online orientation workshop: [Canvas Student Orientation Course](#)

### Setting Your Preferred Name and Pronouns in Canvas

Students have the ability to display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account :: Settings :: Edit Settings). To request a change to your preferred list name, contact [Admissions & Records](#). Your Preferred Name will only be listed in Canvas; this does not change your legal name in our records. See the [Student Information Update Form \(pdf\)](#).

## Emergency Procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into [WebAdvisor](#) and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or [security@redwoods.edu](mailto:security@redwoods.edu) if you have any questions. For

more information visit [Redwoods Public Safety](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

To learn more about campus-specific Emergency Procedures, click on a title bar below, or click the down arrow to expand them all.