



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 1155-001

Group Fitness

Fall 2021

Instructor: Mary Powers, Adjunct Instructor

Instructor Information

Office: GPC 102C

Office Hours: Monday/Wednesday 10am-2pm, Tuesday/Thursday 12:30-1:30pm

Meeting: Monday/Wednesday 8am-9:15am in GPC Gymnasium

Email: mrp17jf@sulross.edu (Must include "KES 1155" in subject of emails)

Course Description:

This course will involve multiple styles of exercise and fitness such as High Intensity Interval Training (HIIT), hypertrophy training, aerobic style training, and weight training. The course will explore fitness as a group and fitness as individuals that will overall enhance the students experience as future health and fitness professionals.

Course Details:

This course will be graded primarily on participation and attendance. The default meeting place for this course will be the GPC Gym and will occasionally have an alternate location, should the instructor choose so. This information will be put out in class or via the school emails listed on Blackboard. Blackboard will also be the primary place to look for any announcements for this class. This course is designed promote and assist with furthering the students fitness goals and current fitness status. The student is expected to come to class ready put forth a genuine effort into the programming and exercises provided by the instructor.

Learning Outcomes:

- 1) Students will understand more on how to program and periodize their own exercise and fitness.
- 2) Students will gain an appreciation for ownership on their own fitness.
- 3) Students will gain confidence physically and mentally, inside the realm of exercise and fitness.
- 4) Students will learn goal setting within health and fitness.
- 5) Students will gain a better understanding for muscle functions, proper form when performing exercises, and body movement.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.

- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

SRSU Disability Services:

ADA (Americans with Disabilities Act) Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email rebecca.wren@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.