



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 1140-001

Weight Training

Fall 2023

Annika Canaba

Adjunct Professor- Kinesiology

Office: Gallego Center 104 (Athletics Offices)

Email: amc16pg@sulross.edu

Office Hours: 9:00am – 12:00 pm

Meeting Times: MW 8:00-8:50am (GPC weight room)

Required Text: None

COURSE DESCRIPTION

No text is required. However, you will need a folder to keep your handouts in. PLEASE BRING A PENCIL AND A BOTTLE OF WATER TO CLASS EVERY DAY! CLASS DESCRIPTION: Weight Training (0-2) This activity course is designed to instruct and practice the various types resistance weight training techniques that can support lifespan health and fitness. Class demonstrations and resistance training sessions will be scaled to individual fitness levels and goal. Open to all ages. Equipment provided.

PURPOSE OF COURSE

The purpose of this class is to “encourage students to find meaningful activities that will lead to life-long leisure pursuits”. This course requires no previous experience lifting weights. Each class will start with 5 minutes of general instruction on the workouts for the day, followed by a 10- or 15-minute warm-up before starting the exercises. Each class will conclude with 55 minutes spent completing the exercises.

Marketable Skills – The following marketable skills are met in this course:

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Communication** – students will communicate on areas that need improvement
- **Creativity** - Teaching the students new workouts that they can add to their own workouts.

COURSE OBJECTIVES: Students will be able to:

By the end of the course, the successful student should be able to: 1. Identify skeletal muscles used in weight training exercises. 2. Demonstrate correct technique for a variety of weight training exercises. 3. Demonstrate

their knowledge of the muscular system, exercises for specific muscles and safety precautions with weight training. 4. Gain muscular endurance and strength as a result of participating in workouts.

Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. **One letter grade will be deducted for every absence after four (4).**

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade	Grading Scale
Attendance/Participation	100	90 or more A
		80 - 89 B
		70 - 79 C
		60 - 69 D
		Less than 59 F

Course Schedule

	<u>Monday</u>	<u>Wednesday</u>
<u>Week 1</u>	Introduction	Rules for weight room
<u>Week 2</u>	No Class Labor Day	Techniques
<u>Week 3</u>	Techniques	Techniques
<u>Week 4</u>	Techniques	Techniques
<u>Week 5</u>	Upper body	Lower body
<u>Week 6</u>	Upper body	Lower body
<u>Week 7</u>	Upper body	Lower body
<u>Week 8</u>	Stretching	Cardio
<u>Week 9</u>	Agility	Agility
<u>Week 10</u>	Upper body	Lower body
<u>Week 11</u>	Speed ladder	Agility
<u>Week 12</u>	Upper body	
<u>Week 13</u>	Lower body	
<u>Week 14</u>	Upper body	
<u>Week 15</u>	Lower body	
<u>Week 16</u>	Finals Week	Finals Week

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must

maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

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 dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

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.

ADA Statement

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. Students with qualifying disabilities who seek accommodations must initiate a request for a meeting for accessibility services. Students seeking accessibility services must contact Rebecca Greathouse Wren, M.Ed., LPC-S, Counseling & Accessibility Services, Telephone: 432-837-8203, or E-mail: rebecca.wren@sulross.edu. For more information see: <https://www.sulross.edu/page/1384/accessibility-services>