



KINE 1140
Weight Training
Fall 2026 Mondays & Wednesdays 8:00-8:50am
GPC Weight Room

Mr. Blair
B.S. Kinesiology, Exercise Science
Graduate Assistant- Kinesiology

Office: GPC 102- Graduate Assistant office

Email: gxb20rc@sulross.edu (please include "KINE 1140 Weights" in email subject)

Office hours: email to schedule appointment

Meeting: Mondays & Wednesdays 8:00-8:50am

Location: GPC Weight Room (downstairs of GPC)

Required Text: None

COURSE DESCRIPTION

KINE 1140 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 course is to promote physical and mental well-being and empower participants of all fitness levels to build strength, enhance overall fitness, and increase body awareness through structured resistance training. We aim to foster a supportive and motivating environment that encourages proper technique, safety, and personal progression, helping individuals achieve their fitness goals while promoting a balanced and healthy lifestyle.

MARKETABLE SKILLS- The following marketable skills are met in this course:

- **Collaboration** – students will interact with one another through class activities
- **Communication** – students will communicate on areas that need improvement
- **Creativity** – students will refine and learn new exercises to incorporate into their own routines

COURSE OBJECTIVES: Students will be able to:

By the end of the course, the successful student should be able to: 1. Identify and perform basic lifting exercises with correct form. 2. Gain knowledge of different lifts. 3. Understand the basic principles of progressive overload. and 4. develop a sense of discipline, confidence, and motivation in their own fitness journey while appreciate the importance of exercise, recovery, and nutrition.

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/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

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

COURSE SCHEDULE

MONDAY

8/26-8/28	Introduction (brief meeting)
9/2-9/4	No class
9/9-9/11	upper body weight training
9/16-9/18	upper body weight training
9/23-9/25	upper body weight training
9/30-10/2	upper body weight training
10/7-10/9	upper body weight training
10/14-10/16	upper body weight training
10/21-10/23	upper body weight training
10/28-10/30	upper body weight training
11/4-11/6	upper body weight training
11/11-11/13	upper body weight training
11/18-11/20	upper body weight training
11/25-11/27	no class
12/2-12/4	TBD
12/9, 12/11	finals

WEDNESDAY

full body weight training
full body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
lower body weight training
no class
TBD
finals

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 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 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 (AMERICANS WITH DISABILITIES ACT) 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>

A.I. (ARTIFICIAL INTELLIGENCE) POLICY STATEMENT

The Sul Ross State University Kinesiology Department is committed to upholding the highest standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly. The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct.

Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course. Additionally, such violations will be referred to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University.

We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.