**South Plains College**

**Department of Kinesiology**

**KINE 1117**

**Coed Weight Training – Fall 2025**

**Instructor**: Ryan Heth **Office Phone**: 806.716.2234

**Office**: Kinesiology Building #107 **Email**: rheth@southplainscollege.edu

**Office Hours:** Please refer to the calendar posted on Blackboard for my current office hours.

**Purpose:**  Students will master the skills, principles, and fitness levels to become proficient in physical activity on their own. This course will focus on improving and strengthening the cardiovascular system and the core of the body. The class will promote physical fitness as a lifetime commitment to a healthy lifestyle

**REMIND APP –** I will use the REMIND APP in this course as another means of communication. You do not need to download the app for this to work. To sign up for this tool, you need to text this number**, 81010,** and send the following code as the text message **@coedwe**

You will receive a confirmation once your registration is complete. This system also provides another way to communicate with me if you choose to use it. Primarily, I will use it to notify students in the event of a class cancellation.

**Outcomes:**

1. Students will understand the importance of weight training and cardiovascular fitness.

2. Students will demonstrate the ability to improve the level of full-body strength and cardiovascular fitness as a result of class training.

3. Students will demonstrate the ability to monitor and adjust exercise intensity.

4. Students will understand and apply the basic principles of weight training exercise to develop a training program based upon their personal goals and objectives.

5. Students will be able to identify and locate various muscle groups and the exercises that effectively train those muscle groups to develop muscular endurance.

**Course Requirements:**

* Text: None
* Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash their clothes regularly.
* No cargo shorts, jeans, or jean shorts.
* Positive attitude
* Willingness to follow instructions
* Participation in all class activities

# **Grading Policy**

Final grades will be determined as follows:

* 2 Tests @ 75 points each: 150 points
* 1 Final @ 100 points 100 points
* Attendance @ 250 points 250 points
	+ Twenty points will be deducted for each absence.

**Total: 500 points**

**Final Grade Point Percentage Point Total**

 A 90-100% 448-500

 B 80-89% 398-447

 C 70-79% 348-397

 D 60-69% 298-347

 F Below 60% Below 297

**A. Attendance/ participation (refer to the attendance policy**

*(These are subjective evaluations of the instructor.)*

* Attendance Records (by the instructor)
* Appropriate intensity
* Following instructions
* Proper dress

**B. Tests**

* The tests will cover the syllabus, text, lectures, and various articles and videos.
* If a test is missed, it must be taken on the first day you return to class.

**D. Final Exam**

* The final exam will be comprehensive.
1. **Attendance Policy:**

**Students need to inform me before an absence due to a school-sponsored activity.**

* If you are late to class, depending on the time you are late, I will determine if it will be recorded as a tardy or absence. The same rule applies when a student LEAVES CLASS EARLY.
* NPs occur when a student is in attendance but cannot participate due to illness or injury.  NPs are not to study for exams or work on other class projects.  2 NPs = one (1) absence.
* The instructor can make drops for excessive absences, discipline, and disregard for the class guidelines.  The student will be responsible for dropping themselves after the administrative drop day.
1. **Additional Information:**
2. Lockers are free. First-come, first-serve. Locks need to be removed at the end of the semester.
3. We do not provide towels.
4. No cell phones.
5. No food or drink in class. Water is acceptable.
6. Do not eat a heavy meal before class.
7. Use the restroom before class.
8. Hats are allowed.

A student who stops attending AND stops completing assignments must take the responsibility of contacting the Registrar’s Office to drop the class.

***You are responsible for initiating the drop process if you decide not to complete the course.  Students who stop attending and do not complete the coursework will receive an F at the end of the semester.***

**Please see the following links for the South Plains College General Syllabus Statements and the Covid Policy.**

 <https://www.southplainscollege.edu/syllabusstatements/>

 <https://www.southplainscollege.edu/emergency/covid19-faq.php>