Angelo State University
Course Syllabus: Strength & Conditioning
PA 1126-01
MW 9:00 AM
Fall 2017

Instructor: Austin Woodruff
Office: CHP 131
Office Hours: By Appointment
E-Mail: awoodruff1@angelo.edu
Class Time/Meeting: Monday and Wednesday at 9 AM in the CHP.

Course Description:
This course is designed to introduce the student to the field of strength and conditioning. Students will engage in various forms of exercise in order to improve body composition. The different modes of exercise will be discussed and how they can be modified for increases in successful outcomes.

Student Learning Objectives:
1. Acquire technical skills and knowledge about strength and conditioning.
2. Gain a broader understanding and appreciation for fitness and health.
3. Improve athletic and physical performance.
4. Learn how to measure improvements in body composition.
5. Develop the ability to design a strength and conditioning exercise plan.
6. Understand the importance of exercising regularly.
7. Learn how to create habitual exercise practices.
8. Understand how mental and emotional factors influence performance in sport and exercise settings.

Attendance:
Students are expected to attend each class and to BE ON TIME.
Failure to attend and participate in class will affect your final grade in this class.

Notify the instructor at least one week in advance if you have a scheduling conflict that will cause you to miss class. Officially sanctioned college activities (athletics and competing academic duties) may be considered permissible absences if the student shows official documentation to the instructor one class period in advance of the absence.

3 Tardies = 1 Absence
0-3 Absences = A  4 Absences = B  5 Absences = C  6 Absences = D  7+Absences = F
**Participation:**
What you put into this class is what you get out of it. If you decide to put in the minimal effort you will get the minimal benefits. Coming to every class does not warrant participation. The participation grade is under the sole discretion of the instructor.

Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities.

**Evaluation of Student Progress:**
- **Attire** should be appropriate workout clothing (Dress code must be within CHP Regulations)
- **Participation** to the students’ best ability & completing the assigned workout
- **Attitude** by showing a positive, respectful attitude to the teacher and their peers

<table>
<thead>
<tr>
<th>Course Grading</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>Attendance &amp; Dress Code</td>
<td>25%</td>
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<tr>
<td>Participation</td>
<td>25%</td>
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<tr>
<td>Skills Assessment</td>
<td>25%</td>
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<td>Final Test</td>
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**Make-ups:**
The ONLY approved make up opportunities for EXCUSED absences (doctors notes, death in the family, injury ect.) is: *Attendance in another section of the same class*. For both unexcused and excused absences: Student participation in a CSRF Program sponsored event can be used to make up 2 absences. Any other opportunities (attendance at ASU athletic events, extra assignments outside of class, or pink slips from the CHP) ARE NOT ALLOWED!! PEAP classes end the Monday-Thursday of Deadweek-These are the final days for acceptable make-up.

**Accommodations:**
Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room #112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

**The Angelo State University Honor Code:**

*“Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.”*
I understand the requirements of the course as stated on this syllabus. Not only do I understand it, but I promise that I will also abide by it. Failure to abide by policies will result in a failing grade.

______________________________
Student Name (Printed)

______________________________
Student Signature

Semester: ______________________