Do not e-mail or call Dr. Simpson with any questions of concerns, contact your instructor first.

Angelo State University

Course: PA 1120-030 – Weight Training
Section: 030
Class Time: T/TR 11:00-11:50 AM
Place: CHP Gym/Weight Room

Instructor: Austin Woodruff
Email: awoodruff1@angelo.edu
Office: CHP 131
Office Hours: by appointment only

Course Description:
This class is an informative & educational look at the basics of weight training. Class includes proper instruction on weight lifting technique, weight lifting equipment, and basic strength and conditioning principles.

Course Goals:
- To gain a basic knowledge of weight room equipment, various lifts/grips/technique and components of a workout
- To understand what muscles are being used in certain lifts
- To learn basic motor patterns and training techniques
- To learn terminology, training theory and basic strength training programming
- To demonstrate competency in different lifts learned
- To design and implement various workouts
- To improve muscular strength, endurance, and power output

Expectations of Students:
- Positive environment. I will not tolerate any negativity or disrespect towards your peers. We are here to grow and work together to achieve a common goal.
- Attend all class meetings and participate at all times.
- Dress appropriately for class. Athletic/exercise apparel must be worn when exercising/working out. No jeans/sandals/boots/flip fops/cargo shorts/swim trunks or revealing clothes…No “street” clothes.
- No horseplay in the weight room.
- Be ON TIME!!
- **Rack/put away the weights and equipment you use in its correct spot in the gym.**
- Any student that chooses to ignore these rules will be asked to leave class and receive an absence for the day with no chance of a make up for that day.
Do not e-mail or call Dr. Simpson with any questions of concerns, contact your instructor first.

**Attendance:**

Attendance will be taken daily. Students are expected to attend all class sessions. If you have an injury you are still expected to attend class and participate. I will modify your workout to accommodate your needs if possible. **It is up to the student to contact the instructor regarding excused absences within 2 days of the absence, or it will not be excused.** Each absence following the third absence will result in a letter grade drop. Greater than 7 absences will result in an automatic F. Lack of proper attire will also be counted as an absence!

3 Tardies = 1 Absence

0-3 Absences = A  
4 Absences = B  
5 Absences = C  
6 Absences = D  
7+Absences = F

**Absence Make-Ups:**

You will be able to make up two excused absences. To expunge an absence, you must attend and participate in the Weight Training or Strength & Conditioning physical activity classes offered this semester. **The make-up should be done within one week of the occurring absence.** A copy of the absence make-up form will be signed and dated by the instructor and student and turned in to me the following class meeting time. It is the student’s responsibility to stay on top of their absences and take care of it within a week.

Excused absences must include one of the following in order to be considered excused:

- A doctor’s note with the date, signature, and reason for absence
- Typed or written response from a professor stating why you were absent

*Please email me ahead of time if you are unable to attend class. Be professional and responsible.

Subject line should read **PA 1120-010 Weight Training**

**Assignments**

The class is based off of a 100-point grading scale. Attendance and participation make up 50% of the total allotted points in the course. Assignment #1 will consist of the students compiling notes from the lecture into a cohesive word document. Full sentences and college level writing is expected for this assignment. There will be a total of two skills tests mid semester and at the end of the semester, which will encompass a 1 Rep Max test. A multiple choice Final Exam will also be administered to assess competency in Weight Training techniques and basic training principles. Assignment #1 will serve as a study guide for the Final Exam.

**Course Grading**  

<table>
<thead>
<tr>
<th>Attendance</th>
<th>25%</th>
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**Scale**  

| 90 to 100 = A |

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<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
<th>Grade Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>25%</td>
<td>80 to 89 = B</td>
</tr>
<tr>
<td>Skills Test (2)</td>
<td>20%</td>
<td>70 to 79 = C</td>
</tr>
<tr>
<td>Written Test</td>
<td>20%</td>
<td>60 to 69 = D</td>
</tr>
<tr>
<td>Assignment</td>
<td>10%</td>
<td>&lt;60 = F</td>
</tr>
</tbody>
</table>

*There will be a multiple choice final exam*

**Accommodations**

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Rm. #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 the appropriate arrangements can be made.

**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 available in both print and web versions of the Student Handbook.

**Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.
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**I, __________________________ have read the above syllabi information and understand and agree to my responsibilities and role in this class.

Date:_________________________  Signature:_________________________