Fitness Walking
Instructor: Jada Bennett

Fall 2017

Email: jbennett19@angelo.edu

General Information:

Class: PA 1110-030
Time: Tuesday and Thursday: 12:30pm-1:20pm
Place: CAV 200
Office: CHP 118
Office Hours: By appointment

Course Objectives:

● To design and implement various workouts
● Learn walking technique
● Improve or maintain cardiovascular efficiency
● Improve walking speed

CLASS WILL BE IN THE ASSIGN ROOM THE FIRST DAY

Class Rules:

1. DO NOT EMAIL DR. SIMPSON. HE IS NOT THE INSTRUCTOR.
2. Be on time.
3. Positive environment is required! No negativity or disrespect to your peers or instructor. Have fun.
4. Athletic/exercise apparel must be worn when exercising/working out. No jeans/sandals/boots/flip flops, cargo shorts/swim trunks or revealing clothes...No “street” clothes.
5. All headphones and electronics should be put away until told by instructor.
6. Check out a towel at the front desk before working out, or carrying your own, that included your water bottles or any liquid you need.
7. It is your responsibility to notify me beforehand if you intend on missing class for whatever reason. This can be done via email.
Grading:

Attendance 50 %
Participation 15 %
Midterm 10 %
Final Exam 25%

Grading Scale:

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
</tr>
<tr>
<td>70-79</td>
<td>C</td>
</tr>
<tr>
<td>60-69</td>
<td>D</td>
</tr>
<tr>
<td>80-89</td>
<td>B</td>
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</tbody>
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Attendance:

- Attendance will be taken daily at the start of class and ending of class.
- A student who shows up equal to or more than **10 minutes late** will be considered absent after 3 tardies.
- Students are expected to attend all class sessions.
- **It is up to the student to contact me regarding excused absences** Not Dr. Simpson.
- **Four** or more absences WILL result in a letter grade drop. **Seven** or more absences WILL result in an I for the class.

3 Tardies = 1 Absence

<table>
<thead>
<tr>
<th>Absences</th>
<th>Grade</th>
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<tbody>
<tr>
<td>0-2</td>
<td>A</td>
</tr>
<tr>
<td>3</td>
<td>B</td>
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<tr>
<td>4</td>
<td>C</td>
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<tr>
<td>5</td>
<td>D</td>
</tr>
<tr>
<td>6+</td>
<td>I</td>
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</tbody>
</table>

Absence Make-Ups:
- You will be able to make up to 3 excused absences.

To erase an absence, you must attend and participate in another physical activity class offered during the semester. The **make-up needs to be discussed with me within ONE week of your absence.** A copy of the absence make-up form will be issued by me signed and dated by both instructor and student and turned in to me the following class time.

You will be able to take another physical activity class such as, Team Sports, or jogging to make up your absence. Bring that signed form back to me the next class period.

- It is the student’s responsibility to stay on top of their absences and take care of it within a week.

- Student-athletes should contact me if there is an away game or home game which prevent them from attending class

**Excused absences must include one of the following to be considered.**

**Excuses:**
- A doctor’s note with the date, signature, and reason for absence
- Typed or written response from a professor stating why you were absent.
- Typed or written response from an athletic trainer informing me about your injury.
*Please email me ahead of time if you are unable to attend class. Be professional and responsible. *

**Proper way to address and send an email:** Ms. Jada Bennett,

My name is XXXXXXXX and I am in your (name the course). I am contacting you in regard to X (briefly state the reason for the email).

(Continue to explain your reason for the email but more in depth). Thank you for your time,

(Your name goes here)

**Injuries** – You are still expected to attend class and participate. I will modify your workout to accommodate your needs if possible.

**Test:** There will be one written test in this class worth 25% of your final grade. The Midterm will be based on skills performance and will be 10% of your grade.

**Extra Credit:** Will be announce in class.
ACADEMIC HONESTY:

Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The Department of Kinesiology adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2011-2012) http://www.angelo.edu/content/files/17358-university-honor-code. The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

STUDENTS WITH DISABILITIES

“Angelo State University is committed to the principle that no qualified individual with a disability shall, based on disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.”

The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211 (TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the documentation requirements necessary for the various types of disabilities.

Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

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.