Angelo State University Department of Kinesiology

Course: PA 1127 Kettlebell  
Instructor: Daniel Ramirez/Emma Thompson  
Section: 010  
Email: dramirez23@angelo.edu/ethompson5@angelo.edu  
Class Times T/R 9:30  
Office: CHP 107,118  
Office Hours: By appointment  
Classroom:

Course Description

This course is designed to allow the student to obtain a comprehensive knowledge of functional movement by using kettlebells, ropes, dumbbells, and body weight exercises. This course will also demonstrate the idea of physical culture, a concept of training for maximal functional strength, which will develop the body so it is more resilient and less prone to injury.

Course Objectives

1. Learn correct form for numerous kettlebell, rope, and body weight exercises.
2. Detect errors and know the safety precautions in various movements
3. Understand and know when to use corrective strategies in various functional movements
4. Develop and instruct a class workout centered around kettlebell movements
5. Participate in order to improve both muscular and cardiovascular endurance

Class Rules

1. EVERY student will treat other with respect
2. NO horseplay or disrespect will be tolerated. You will be asked to leave class and marked absent
3. Be on time, if you arrive after the class is done warming up, you will be counted absent.
4. Follow safety precautions
5. Show up to class dressed in proper attire
6. Lack of participation will be counted against you

Attendance Policy

<table>
<thead>
<tr>
<th>Absences</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>A</td>
</tr>
<tr>
<td>4</td>
<td>B</td>
</tr>
<tr>
<td>5</td>
<td>C</td>
</tr>
<tr>
<td>6</td>
<td>D</td>
</tr>
<tr>
<td>7+</td>
<td>F</td>
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</table>

Attendance will be taken daily and you are expected to attend all class sessions. Three tardies will equal one absence. It is your responsibility to contact the instructor regarding any absences that may need to be excused. Excused absences can be made up within 2 weeks. The instructor must be notified of excused absence on the next attended class day.

Make-Up Policy

The ONLY approved make up opportunities for EXCUSED absences (doctors notes, death in the family, injury, etc.) is: attendance in a similar class or instructor approved event. Any other opportunities (attendance at ASU athletic events, extra assignments outside of class, or pink slips from the CHP) ARE NOT ALLOWED. You will have TWO WEEKS to make up any excused absence. PEAP classes end the Monday-Thursday of Dead week- These are the final days for acceptable make-up.

Grading

<table>
<thead>
<tr>
<th>Course Grading</th>
<th>Grading Scale</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>25 pts</td>
<td>90-100</td>
</tr>
<tr>
<td>Participation</td>
<td>25 pts</td>
<td>80-89</td>
</tr>
<tr>
<td>Skills</td>
<td>25 pts</td>
<td>70-79</td>
</tr>
<tr>
<td>Written Test</td>
<td>25 pts</td>
<td>60-69</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100 pts</td>
<td>59pts or below</td>
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Additional Information

It is recommended that you bring water to every class. You should wear proper attire (loose fitting clothing) including socks and gym shoes to every 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 (2015-2016) 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 material.”

Students with Disabilities

“Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or 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 designed campus department charges with the responsibility of reviewing and authoring requests for reasonable accommodations based on disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room at (325) 942-2047 OR (325) 942-2211 (TDD/fax) or by email 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.

DO NOT EMAIL DR. WARREN SIMPSON!!!
I, ____________________________, have read the above syllabi information and understand my responsibilities and role in this class. Any questions I had were asked and answered by the instructor.

Date:_______________________  Signature:_________________________