Angelo State University

Course Syllabus: Strength & Conditioning
PA 1126-03Z
T/TR 9:30-10:20am
Spring 2018

Instructors: Austin Woodruff & Jada Bennett
Office: CHP 131, 118
Office Hours: By Appointment
Email: awoodruff1@angelo.edu, jbennett19@angelo.edu
Class Time/Meeting: Tues. & Thurs 9:30-10:20 AM in CHP

Course Description:
This class is an informative & educational look at the basics of Strength and Conditioning. Class includes proper instruction on weight lifting technique, directions for equipment use and introductory strength training theory and application so you can create your own training program. You will participate in various exercise and programming techniques and exercises in a hand-on manner to learn various 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:
- 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!!
- 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

- 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

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. You may NOT use your cell phone at any point during class. If you are seen with your cell phone out you will be given one warning only, and then asked to leave class for the day and be given an absence. **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 2 excused absences. To erase 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 1126-03Z Weight Training

**Course Grading** | **Points** | **Scale**
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Attendance | 50 | 90 to 100 = A
Participation | 50 | 80 to 89 = B
Notes | 15 | 70 to 79=C
Midterm | 25 | 60 to 69= D
Skills Test | 25 | <60=F
Final Exam | 35 | <60 = F

*There will be a multiple choice final exam

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: ______________________