Course Syllabus: Strength & Conditioning
PA 1126-04Z
T/TR 11:00-11:50am
Spring 2018

Instructors: Manuel Zapata and Rebecca Spencer
Office: CHP 131 and 118
Office Hours: By Appointment
E-Mail: mzapata8@angelo.edu and rspencer3@angelo.edu
Class Time/Meeting: Tues. & Thurs 11:00-11:50 AM in CHP

Course Description:
This class is an informative and educational look at the basics of Strength and Conditioning. Class includes proper instruction on weight lifting techniques, directions for equipment use and introductory strength training theory and application. You will be able to create your own training program. You will participate in various exercise and programming techniques and exercises in a hands-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 which muscles are being used in certain lifts
• To understand basic motor patterns and training techniques
• To learn terminology, training theory and basic strength training programming
• To demonstrate competency in different lifts
• 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 flops/cargo shorts/swim trunks or revealing clothes…No “street” clothes
• No horseplay in the weight room
• Be ON TIME!!
• Positive environment. We will not tolerate any negativity or disrespect towards your peers or instructors. We are here to grow and work together to achieve a common goal
• Rack/put away the weights and equipment you use in the correct place 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. We 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 instructors 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!

<table>
<thead>
<tr>
<th>ABSENCES = 25 pts out of 100 pts Total</th>
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<tbody>
<tr>
<td>0-3 = 25/25 (Points not affected)</td>
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<tr>
<td>4 = 20/25</td>
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<td>5 = 15/25</td>
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<td>6 = 10/25</td>
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<td>7+ = 0/25</td>
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Course Grading

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<tr>
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<th>Points</th>
<th>Scale</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>25</td>
<td>90 to 100 = A</td>
</tr>
<tr>
<td>Participation</td>
<td>25</td>
<td>80 to 89 = B</td>
</tr>
<tr>
<td>Midterm</td>
<td>30</td>
<td>70 to 79 = C</td>
</tr>
<tr>
<td>Skills Test/Final</td>
<td>20</td>
<td>60 to 69 = D</td>
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<tr>
<td></td>
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<td>&lt;60=F</td>
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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 us ahead of time if you are unable to attend class. Be professional and responsible. Subject line should read PA 1126-04Z Weight Training
Proper way to address and send an email:

Ms. Spencer and/or Mr. Zapata,

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)

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.
I understand the requirements of the course as stated on the 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 Signature

__________________________
Printed Name

__________________________
Date/Semester