Angelo State University Department of Kinesiology

Course: PA 1120 Weight Training

Instructor: Jordan Nash
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Office: CHP 131

Section: 01Z

Class Times: M/W 10am-10:50am

Office Hours: By appointment only

First Day of Class: MEET IN ACADEMIC BUILDING ROOM 213
**Course Description:**
This course is an educational and informative look at the basics of weight training. Class includes proper instruction on weight lifting technique, directions for equipment use, and introductory strength training theory—as well as application so you can create your own training program.

### DO NOT EMAIL DR. SIMPSON

**Course Objectives:**
- To gain a basic knowledge of weight room equipment, carious lifts/grips/techniques and components of a workout
- Understand what muscles are being used in certain lifts
- Learn terminology, training theory, and basic strength training programming
- Demonstrate competency in different lifts learned
- Design and implement carious workouts
- Improve muscular strength, endurance, and power output

**Class Expectations:**
- Attend and participate in class- Lack of participation will be counted as an absence
- No horseplay or disrespect will be tolerated in the class
- Be on time!
- Dress appropriately for class (NOT DRESSING APPROPRIATELY WILL RESULT IN ’F’ FOR THE DAY)
- Follow safety precautions
- No complaining—I will not tolerate any negativity or disrespect.
- RACK/PUT AWAY the weights and equipment you use in its correct spot in the gym
- **HAVE FUN!**
- *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 makeup for that day*

**Attendance Policy:**
0-3 absences = A  
5 absences = C  
4 absences = B  
6 absences = D  
7+ absences = F

Attendance will be taken every day. You are expected to attend all class sessions. *Three tardies will equal one absence.* It is your responsibility to contact the instructors regarding any absences that may be excused. ALL excused absences must be made up. Excused absences must include one of the following in order to be considered excused:

1. A doctors note with the signed date, signature, and reason for absence or
2. Typed or written response from a professor stating why you were absent

**Make-up Policy:**
You will be able to make up 2 EXCUSED absences. To erase an absence, you must attend and participate in another class of the same or similar physical activity. The make-up should be done within a week of the occurring absence—for this class, you may attend Weight Training or Strength & Conditioning physical activity classes. A copy of the absence make-up form will be signed and dated by the instructor and student and turned into me the following class meeting time.
<table>
<thead>
<tr>
<th>Course Grading</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>90-100 pts</td>
</tr>
<tr>
<td>Participation</td>
<td>80-89 pts</td>
</tr>
<tr>
<td>Skills</td>
<td>70-79 pts</td>
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<tr>
<td>Midterm</td>
<td>60-69 pts</td>
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<td></td>
<td>59 pts or below</td>
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**Clothing:** You should wear proper attire (loose fitting clothing) including socks and gym clothes to every class.
Proper attire includes, but is not limited to:
- Loose fitting clothing: Athletic shorts, t-shirts
- Tennis shoes w/ socks
  - Refrain from big, heavy shoes
  - No converse, flip-flops, sandals, heels, slip-ons, cleats or flippers
- Men: Shirts on AT ALL TIMES
- Ladies: Sports bras and spandex MUST BE COVERED UP

**Additional info:**
It is recommended that you bring water to every class. Cell phones or headphones may not be used during the course of class time. I will try to advise sunscreen on the days we will be outside.

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

**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 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

Date: ____________________________

Semester: ____________________________