Angelo State University Department of Kinesiology

Course: PA 1120 Weight Training  
Instructor: Dason Tucker  
Section: 01Z  
Email: dtucker2@angelo.edu  
Class Times M/W 10:00-10:50  
Office Hours: By appointment  
Office: CHP 118  
Classroom: MCS 11B/CHP

Course Description

This class is an informative & educational look at the basics of weight training. 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.

Course Objectives

1. To gain basic knowledge of weight room equipment, various lifts/grips/technique,  
2. To understand what muscles are being used in certain lifts,  
3. To learn and utilize different sets, reps, and intensities,  
4. To demonstrate competency in different lifts learned, and  
5. To learn various power lifts

Class Rules

1. Have fun and enjoy what you’re doing.  
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. Rack/put away the weights and equipment you use in its correct spot in the gym.  
5. Follow safety precautions  
6. Show up to class dressed in proper attire  
7. It is your responsibility to notify me beforehand if you intend on missing class. This can be done via email.

Proper way to address and send an email:

Mr. Tucker,

My name is XXXXXXXX and I am in your (name the course). I am contacting you in regards 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)

Attendance Policy

<table>
<thead>
<tr>
<th>Absences</th>
<th>Grade</th>
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<tbody>
<tr>
<td>0-3</td>
<td>A</td>
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<tr>
<td>4</td>
<td>B</td>
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<td>5</td>
<td>C</td>
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<td>6</td>
<td>D</td>
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<td>7+</td>
<td>F</td>
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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>
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<tbody>
<tr>
<td>Attendance</td>
<td>20 pts</td>
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<tr>
<td></td>
<td>90-100</td>
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<tr>
<td>Participation</td>
<td>30 pts</td>
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<td></td>
<td>80-89</td>
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<tr>
<td>Skills</td>
<td>25 pts</td>
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<td></td>
<td>70-79</td>
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<tr>
<td>Written Test</td>
<td>25 pts</td>
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<td>60-69</td>
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<tr>
<td>TOTAL</td>
<td>100 pts</td>
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<td>59pts or below</td>
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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 designated campus department charged 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.
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:____________________