Angelo State University
PA 1126 02Z Strength & Conditioning
Instructor: Jenna Sabin
Spring 2019
Email: jenna.sabin@angelo.edu

General Information:
Class: PA 1126 02Z
Time: Monday and Wednesday: 11:00-11:50am
Place: CHP Gym/Weight Room
Office: CHP 201c
Office Hours: By appointment only

Course Objectives:
- 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 and utilize different sets, reps, and intensities
- To demonstrate competency in different lifts learned
- To learn a variety of aerobic exercises and a conditioning base
- To design and implement various workouts

Class Rules:
1. Have fun, enjoy what you’re doing and don’t be afraid to “fail”
2. 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.
3. 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.
4. No horseplay in the weight room.
5. Be ON TIME
6. Rack/put away the weights and equipment you use in its correct spot in the gym. Check out a towel at the front desk before working out.
7. It is your responsibility to notify me beforehand if you intend on missing class for whatever reason. This can be done via email.

Grading:
1. Attendance and Participation (See “Policies”) – 50/50
2. Tests (2)
   a. Written Exam: Midterm – 45
   b. Physical: Final – 30
3. Exercise Notebook – 25

Total: 200 points
Class:  PA 1126 02Z  M/W 11:00-11:50 a.m.  
S&C Instructor: Jenna Sabin

Grading Scale:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>200-180</td>
<td>A</td>
</tr>
<tr>
<td>179-160</td>
<td>B</td>
</tr>
<tr>
<td>159-140</td>
<td>C</td>
</tr>
<tr>
<td>139-120</td>
<td>D</td>
</tr>
<tr>
<td>119-0</td>
<td>F</td>
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</tbody>
</table>

Attendance:

Attendance will be taken daily at the start of class. Students are expected to attend all class sessions. **It is up to the student to contact me regarding excused absences within 2 days of the absence, or it will not be excused.** 
**Four or more absences WILL result in a letter grade drop. Seven or more absences WILL result in an F for the class.**

3 Tardies = 1 Absence

<table>
<thead>
<tr>
<th>Absences</th>
<th>Grade</th>
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<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>
</tr>
</tbody>
</table>

Absence Make-Ups:

You will be able to make up to 2 excused absences. To erase an absence, you must attend and participate in another physical activity class offered during the semester. **The make-up should be made up within a 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 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.
Proper way to address and send an email:

Ms. Jenna Sabin,

My name is XXXXXXX 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)

See me to get Make Up forms. You will be able to take another physical activity class such as weight training, fitness walking, or another strength and conditioning class to make up your absence. Bring that signed form back to me the next class period.

**Cell Phones** – You may use your cell phone while working out as long as it *doesn’t become a distraction (at my discretion)*, but at your own risk of breaking/losing/dropping it.

**Injuries** – You are still expected to attend class and participate. I will modify your workout to accommodate your needs if possible.

**Tests:**

There will be one written test in this class worth 45 points. The Midterm will be based on handouts and discussions from class. The midterm will be between 20-30 questions in length. You will receive a review handout.

**Extra Credit:**

The only type of extra credit offered will be fitness activities taking place on or off campus. TBA
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, on the basis of 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 particular 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.”

**Last day to drop the course is March 28, 2019**
**I, ______________ have read the above syllabi information and understand my responsibilities and role in this class.**

Date: _______________  Signature: ____________________