Angelo State University

PA 1126-03Z Strength & Conditioning
Instructor: Manuel Zapata
Spring 2019
Email: mzapata8@angelo.edu

General Information:

Class: PA 1126 03Z
Time: Tuesday and Thursday: 9:30-10:20am
Place: Center For Human Performance
Office: CHP 107

Office Hours: By appointment only

Course Objectives:

• To perform the correct exercises with proper form
• Improve athletic and physical performance
• Understand the importance of exercising regularly
• To understand what muscles are being used in certain lifts

Class Rules:

1. Have fun, enjoy what you’re doing and don’t be afraid to “fail”
2. Positive environment. We will not tolerate any negativity or disrespect towards your peers. We are here to grow and work together to achieve a common goal.
3. Be sure to wear proper workout attire.
4. No horseplay.
5. Be ON TIME
6. **Rack/put away the equipment you use in its correct spot.**
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 – 25% (25 points)
2. Participation (See “Policies”) – 25% (25 points)
3. Tests; Written Exam – 25% (25 points)
4. Skills Test – 25 % (25 points)

Total = 100 points
Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100-90</td>
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<tr>
<td>B</td>
<td>89-80</td>
</tr>
<tr>
<td>C</td>
<td>79-70</td>
</tr>
<tr>
<td>D</td>
<td>69-60</td>
</tr>
<tr>
<td>F</td>
<td>59-50</td>
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</tbody>
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Attendance:

- Attendance will be taken daily at the start of class.
- A student who shows up equal to or more than **10 minutes late** will be considered absent.
- 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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</thead>
<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 3 excused absences.

To erase an absence, you must attend and participate in another physical activity class offered during the semester. **The make-up needs to be discussed with me within ONE week of your absence.** A copy of the absence make-up form will be signed and dated by both instructors and student and turned in to me the following class time.

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.

*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**

- 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:

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)

**Cell Phones** – You may not use your cell phone during class. If you choose to do so, your participation grade will be affected and you assume the risk of breaking/losing/dropping it.

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

**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.”
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: __________________________