Angelo State University

Course: Fitness Walking  PA 1110 - 03Z  Instructor: Jenna Sabin
Class Time: Tuesday/Thursday 12:30-1:20  Email: jsabin@angelo.edu
Office Hours: By appointment only  Office: CHP 201c (upstairs)

Course Description:
The purpose of this course is to involve and introduce students to a casual but efficient aspect of physical fitness; fast walking. Students will explore and enjoy the stress relieving benefits of walking while engaging in social and physical activity. Expect to sweat and burn fat as we maintain a pace within our target heart rate zones.

Course Objectives:
• Obtain proper walking technique
• Improve health by increasing cardiovascular efficiency
• Inspire to improve and maintain a healthy lifestyle
• Appreciate the positive outcomes of fitness walking
• Learn a fun alternative to relieve and help cope with stress

Student Expectations:
• Attend class regularly and participate in all class activities
• I won’t tolerate laziness, whining, or complaining. You chose to be here.
• Respect all staff, faculty, and fellow colleagues
• Dress in appropriate workout attire for class
• Be ON TIME
• Any student that doesn’t participate or fails to follow the rules of the class will be asked to leave and receive an absence for that day. With NO chances to make up for that day
• Have FUN!
*** Under NO circumstances are the students to email Dr. Simpson about questions or concerns for the class. All emails must be directed to me: jsabin@angelo.edu***

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

0-3 Absences = A  4 Absences = B  5 Absences = C  6 Absences = D  7+Absences = F
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 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)

**Last day to drop the course is March 28th, 2019**
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 to 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 HOLIDAYS:
“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.

Date:________________ Signature:_________________________