Course Description:
This course is designed to introduce students to the sport of jogging and cardiovascular exercise. Students will learn aspects of training, technique, and nutrition to improve on prior knowledge of physical activity that can either improve or establish a healthy lifestyle.

DO NOT EMAIL DR. SIMPSON

Course Objectives:
- Learn basic skills, safety, and techniques of jogging/running
- Gain an understanding and appreciation for the sport of jogging/running
- Improve overall skill level and physical fitness
- Participate in activities to improve cardiovascular and muscle endurance

Class Expectations:
- Attend and participate in class-Lack of participation will be counted as an absence
- Every student will treat others with respect
- No horseplay or disrespect will be tolerated in the class
- Be on time!
- Dress appropriately for class-Not dressing appropriately will result in an ‘F’ for the day
- Follow safety precautions

Attendance Policy:
0-3 absences = A
4 absences = B
5 absences = C
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.

<table>
<thead>
<tr>
<th>Course Grading</th>
<th>Grading Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>25 %</td>
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<tr>
<td>Participation</td>
<td>25 %</td>
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<tr>
<td>Skills</td>
<td>25 %</td>
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<tr>
<td>Midterm</td>
<td>25 %</td>
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</tbody>
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Grading Scale:
90-100 pts A
80-89 pts B
70-79 pts C
60-69 pts D
59 pts or below F

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. 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.
**Additional info:**
It is recommended that you bring water to every class. You should wear proper attire (loose fitting clothing) including socks and gym clothes to every class. Cell phones may not be used during the course of class time.

**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.
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: __________________