Angelo State University
Course Syllabus: Strength & Conditioning
PA 1126-01Z
MW 8:00-8:50am
Fall 2019

Instructor: Sarah Holmquest
Office: CHP 118
Office Hours: By Appointment
E-Mail: sholmquest@angelo.edu
Class Time/Meeting: Mon. & Wed. 8:00-8:50AM in CHP

Course Description:
This course is designed to introduce the student to the field of strength and conditioning. Students will engage in various forms of exercise in order to improve body composition. The different modes of exercise will be discussed and how they can be modified for increases in successful outcomes.

Student Learning Objectives:
1. Acquire technical skills and knowledge about strength and conditioning.
2. Gain a broader understanding and appreciation for fitness and health.
3. Improve athletic and physical performance.
4. To understand what muscles are being used in certain lifts.
5. Learn how to measure improvements in body composition.
6. Develop the ability to design strength and conditioning exercise plan.
7. Understand the importance of exercising regularly.
8. Learn how to create habitual exercise practices.

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.
**Attendance:**

Students are expected to attend each class and to BE ON TIME. Failure to attend and participate in class will affect your final grade in this class.

- 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.
- 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

**Participation:**

What you put into this class is what you get out of it. If you decide to put in the minimal effort you will get the minimal benefits. Coming to every class does not warrant participation. The participation grade is under the sole discretion of the instructor.

Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities.

**Evaluation of Student Progress:**

- **Attire** should be appropriate workout clothing (Dress code must be within CHP Regulations)
- **Participation** to the students’ best ability & completing the assigned workout
- **Attitude** by showing a positive, respectful attitude to the teacher and their peers

**Grading:**

1. Attendance—25% (50 pts)
2. Participation – 25% (50 points)
3. Tests (2)
   a. Written Exam: Midterm – 25% (45 points)
   b. Physical: Final – 15% (30 points)
4. Exercise Notebook – 10 % (25 points)

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<thead>
<tr>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>90%-100%</td>
<td>A</td>
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<tr>
<td>80%-89%</td>
<td>B</td>
</tr>
<tr>
<td>70%-79%</td>
<td>C</td>
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<tr>
<td>60%-69%</td>
<td>D</td>
</tr>
<tr>
<td>&lt;59%</td>
<td>F</td>
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**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 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.

**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

**It is the student’s responsibility to stay on top of their absences and take care of it within a week.**

*Please email me ahead of time if you are unable to attend class. Be professional and responsible.*

**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 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 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

Semester: _____________________________