Angelo State University  
Department of Kinesiology

Course: PA 1120-01Z – Weight Training  
Session Time & Location: M/W 10:00 – 10:50 AM - CHP Gym (First Meeting CAV 123)  
Instructor: Zak Snell  
Office: CHP 131  
Email: zsnell@angelo.edu

Course Description:
This course is designed to introduce students to the industry of weight training. Students will gain knowledge for the field by engaging in various training styles in order to understand how to body achieves optimal levels of performance. The different training styles will be discussed and performed for students to learn how to train, modify and adapt to training techniques to increase successful results in performance.

Student Learning Objectives:  
1. To gain knowledge for the technical skills including; lifts/grips and techniques in weight training, various weight room equipment,  
2. To learn various training styles, modalities, and adaptations to training styles  
3. To demonstrate the understanding of different lifting styles taught throughout the semester  
4. To design and train in workouts created by the instructor and students  
5. To improve muscular strength, endurance levels and overall healthy for students

Course Rules & Expectations:  
1. Have a positive attitude in every training session/class meeting. Negativity or disrespectful behaviors toward your fellow peers will not be tolerated and grounds from removal from a class session.  
2. Always wear athletic or exercise apparel. This apparel includes; athletic shoes (running, weightlifting or canvas shoes), shorts, and t-shirts. No “street” clothes such as jeans, cargo shorts, flip flops or boots will be allowed during training sessions.  
3. No horseplay in the weight room.  
4. Rack or put away all weights and equipment you use in the correct spot in the gym, whether or not it is where you got it from.  
5. Be sure to grab a towel (if available) from the front desk at the beginning of each session.  
6. Be ON TIME & In Class.  
7. Have fun without the fear of failure. Failure is a given in strength & conditioning. Enjoy bettering yourself every day.

Attendance:  
Students are expected to attend and be on time to each class.  
Failure to participate or fail to attend class will result in their final grade being affected.

- Attendance will be taken at the beginning of each class, randomly taken at the end of each session.  
- Students who show up 10 minutes or more late will be marked as absent.  
- Any student who skips out of class after class has begun will be marked as absent.  
- Students are responsible for informing the instructor of any absences within two days of the absence or it will be marked as unexcused.  
- Four or more unexcused absences will result in a letter grade drop. Seven or more will result in failure of the course.
**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.*

**Proper way to address and send**

Mr. Snell,

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)

**Cell Phones** – No cellphones during class.

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

**Tests:**

The midterm test will be a written test on which you will discuss the history, techniques and styles of training we have learned through the semester. The final will be based on skill sets that will have been practiced and learned in class. The skills test will be graded on executing the techniques that have been taught and explained in class.

**Grading Evaluation:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>25%</td>
</tr>
<tr>
<td>Participation &amp; Attitude</td>
<td>25%</td>
</tr>
<tr>
<td>Attire</td>
<td>15%</td>
</tr>
<tr>
<td>Workout Journal or Log</td>
<td>15%</td>
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<tr>
<td><strong>Tests:</strong></td>
<td>20%</td>
</tr>
<tr>
<td>o Written</td>
<td>10%</td>
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<tr>
<td>o Physical</td>
<td>10%</td>
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</tbody>
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**Grading Scale**

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>100%-90%</td>
<td>A</td>
</tr>
<tr>
<td>89%-80%</td>
<td>B</td>
</tr>
<tr>
<td>79%-70%</td>
<td>C</td>
</tr>
<tr>
<td>69%-60%</td>
<td>D</td>
</tr>
<tr>
<td>59%-0%</td>
<td>F</td>
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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.

All students at Angelo State University must have the capacity and ambition to undertake, with reasonable accommodation from the faculty and administration, the academic challenges necessary to fulfill the academic requirements for the degrees or certification programs they are pursuing.

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: _______