Angelo State University Department of  
Kinesiology Course: PA 1119 Fitness  
Instructor: Jackie Ramirez  
Jogging  
Email: Jramirez70@angelo.edu  
Section: 01Z  
Office: CHP 131  
Class Times: TR 11am-11:50am  
Office Hours: By appointment only

*First day of class ONLY meet in Academic building Rm. 101

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
- No horseplay or disrespect will be tolerated in the class
- Be on time!
- Dress appropriately for class (NOT DRESSING APPROPRIATELY WILL RESULT IN ‘F’ FOR THE DAY)
- Follow safety precautions
- No complaining
- HAVE FUN!

Attendance Policy:
0-3 absences = A  
5 absences = C  
7+ absences = F  
4 absences = B  
6 absences = D  

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>
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<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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<td>Midterm</td>
<td>25 %</td>
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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—for this class, you may attend Fitness Walking. 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.
Clothing: You should wear proper attire (loose fitting clothing) including socks and gym clothes to every class. 
Proper attire includes, but is not limited to: 
- Loose fitting clothing: Athletic shorts, t-shirts 
  -Tennis shoes w/ socks 
    -Refrain from big, heavy shoes 
    -No converse, flip-flops, sandals, heels, slip-ons, cleats or flippers 
- Men: Shirts on AT ALL TIMES 
- Ladies: Sports bras and spandex MUST BE COVERED UP

Additional info: 
It is recommended that you bring water to every class. Cell phones or headphones may not be used during the course of class time. I will try to advise sunscreen on the days we will be outside.

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 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.

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

____________________                        Date:

____________________

Semester:________________