Angelo State University
PA 1110-01z
Fitness Walking
Instructor: Jaclyn Abbey
Fall 2019
Email: jabbey@angelo.edu

General Information:

Class: PA 1110-01z

Time: Tuesday & Thursday at 12:30pm-1:20pm

Place: CHP Gym, First Ping Pong table

Office: CHP 107

Office Hours: By appointment only

*First day we will meet at CARR 228

Course Description:
This course will introduce you to fitness walking. Some of the areas we will go over in this course will include: nutrition, proper form, breathing, stretching, etc. We will have some days where we are inside as well as some where we are outside. Please remember to ALWAYS stay hydrated and bring water. Be prepared and come dressed accordingly.

DO NOT CONTACT DR. SIMPSON, HE IS NOT YOUR INSTRUCTOR!

Course Objectives:

- **Learn** basic skills, safety and techniques of fitness walking
- **Learn** the importance of nutrition and proper practices
- **Improve** overall physical, and mental health. While making new friends and, hopefully, creating better life habits.

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. Any student being disruptive or disrespectful to the instructor or their peers will be asked to leave and receive a zero for participation and attendance for the day.
3. Athletic/exercise apparel must be worn when in class. No cargo shorts/swim
trunks or revealing clothes…No “street” clothes.

4. Do not interrupt the instructor. NO texting during class or phone use unless instructed otherwise.

5. Be ON TIME

6. It is your responsibility to notify me **beforehand** if you intend on missing class for whatever reason. This can be done via email.

7. Respect the facilities and equipment.

**Grading:**

1. Attendance- 25%
2. Participation– 25%
3. Tests- 25%
4. Skills Test – 25%

**Grading Scale:**

A=100-90  B=89-80  C=79-70  D = 69-60  F=59-0

**Attendance:**

- Attendance will be taken daily at the start of class.
- If you are not there within the first 5 minutes of class (stretching period) it is your responsibility to email me or contact a classmate to locate the class.
- A student who shows up equal to or more than **10 minutes late** will be considered absent.
- 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 3 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.

*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

**Proper way to address and send an email:**

**Ms. Abbey,**

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** – You may NOT your cell phone while in class.

**Injuries** – You are still expected to attend class and participate. I will modify your participation to accommodate your needs if possible. ALL pre-existing injuries MUST be disclosed on the medical questionnaire.

**Tests:**

You will receive a written midterm as well as a skills test at the midterm and final.

**Extra Credit:**

The only type of extra credit offered will be fitness activities taking place on or off campus. TBA

**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.

**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, _____________________________ have read the above syllabi information and understand my responsibilities and role in this class. Any questions I had were asked and answered by the instructor.

Date:_________________________     Signature:___________________________