

PA 1116 02Z

CONDITIONING

Spring 2022



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Office: CHP 131

Office Hours: By appointment only

Course Information

Course Description

This course is designed to introduce students to the industry of strength & conditioning. Students will gain knowledge for the field by engaging in various training styles in order to understand how the 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.

Course Objectives

1. To gain knowledge for the technical skills including; lifts/grips and techniques in strength & conditioning, 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 health for students

Course Credits

One (1) credit hour.

Prerequisite and Co-Requisite Courses

None

Prerequisite Skills

None

Course Delivery

Face to face.

Required Texts and Materials

None

Class Rules

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 for 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.

DO NOT EMAIL DR. SIMPSON!

Proper way to address and send an email:

- Mr. Perez,
- 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 use your cell phone while in class as long as it doesn’t become a distraction (at my discretion), but at your own risk of breaking/losing/dropping it.

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

Tests

- The midterm 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.

Extra Credit

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

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Attendance	25%
Participation	25%
Midterm	25%
Skills Test	25%
Total	100%

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

- A = 90.-100 points
- B = 80-89 points
- C = 70.-79 points
- D = 60-69 points
- F = 0-59 points (Grades are not rounded up)

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 TWO weeks 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 two weeks.
- 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

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

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Regulations for Masks/Facial Coverings

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory Facial Covering Policy to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

Required Dress Code

All students are expected to arrive to class and complete all class activities wearing a face mask.

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.

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

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.

Accommodations for Students with Disabilities

ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).³ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from

³ <https://www.angelo.edu/services/disability-services/>

completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁴ for more information.

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. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁵ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state

⁴ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁵ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>

**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: _____

laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

End of Syllabus