TEXT: None. Additional course resources on instructor’s website and D2L site.

D2L: Course resources located on site may include information such as: a syllabus, a course calendar, study guides, course grades, attendance and punctuality reports and exam information.

MATERIALS: Dress: exercise wear (gym shorts/pants), t-shirts. Cool, loose and comfortable clothing is required. Tennis shoes are mandatory. Shirts/tops must have sleeves. A towel is required to wipe down machines after each use.

COURSE WITHDRAWAL: Withdrawing from a course is the responsibility of the student. If a student needs to reduce his/her course load during a particular semester, that student may officially withdraw from a class with a grade of “W,” provided he/she takes this action before the mid-point in the semester (see the college calendar). Course withdrawals processed after the “drop” or mid-point deadline will result in a “WF” in the course. The student who wants to withdraw from a course must first see his/her academic advisor for permission to withdraw. At that point the advisor completes a drop form and the student follows the steps outlined on the form and submits it to the Registrar’s Office. Official withdrawals can be made only if the student has not already abandoned the course and been dropped from the course with a penalty. Deadline to drop without penalty may be found on D2L calendar.

COLLEGE WIDE HARASSMENT POLICY: Sexual or racial harassment in the University System is prohibited and shall subject the offender(s) to the appropriate disciplinary action. A student who feels subjected to any type of harassment should consult the instructor immediately. Refer to the college catalog and/or student handbook.

CLASS ATTENDANCE POLICY:
Physical Activity classes are participation based so attendance can and will affect your final grade in the course. Whenever a student is absent, whether for official or personal reasons, the student must assume responsibility and provide notice to the instructor, preferably in advance, for making arrangements for any assignments and class work missed because of the absence. However, final approval for make up work remains with the individual instructor.

Final determination of what constitutes an excused absence rests with the classroom instructor. If no notification/documentation of absence is given to the instructor then the absence will be documented as unexcused. In implementing this Policy, faculty will not include in a student’s unexcused absences those absences incurred due to authorized and approved College sponsored events (or in the case of joint-enrollment students high-school sponsored events) in which the student represents the institution as part of a group or under the direct supervision of a faculty or staff member.

*Students will receive an “F” for the semester in this class after the fourth (4th) unexcused absence. The following documented excuses only will be accepted: medical illness or emergency, jury duty, family death, and/or approved ABAC functions.

Legitimate written documentation/email must be provided within 48 hours of absence in order for the absence to be considered excused. Students must accept this responsibility and initiate contact with instructor for make up work or visit D2L for calendar updates.

*A student who stops attending class without officially withdrawing from the course is subject to this attendance policy and will receive a grade of “F” for the course.
CLASS POLICY:
Points will be given daily for punctuality, participation, and attendance. Failure to attend class, to participate, and/or to be on time will affect this grade.

Make-ups: Students may make up two (2) excused absences and may do so by making an appointment with the instructor. All absences must be made up before the last full week of the semester.

Tardies: Tardiness (entering class after roll call). 3 tardies will result in a 10 point deduction from your participation grade. Students entering class later than ten minutes after the hour will receive an unexcused absence.

EVALUATION: The grading format for this course will be based on a point system where students will earn points from participation, skill test, term and question assignment, and a final written exam.

<table>
<thead>
<tr>
<th>Participation:</th>
<th>300 points</th>
<th>A=540-600</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills:</td>
<td>100 points</td>
<td>B=449—539</td>
</tr>
<tr>
<td>Pop Quizzes:</td>
<td>100 points</td>
<td>C=420—479</td>
</tr>
<tr>
<td>Written Exam:</td>
<td>100 points</td>
<td>D=360—419</td>
</tr>
<tr>
<td></td>
<td>600 points</td>
<td>F= 0-359</td>
</tr>
</tbody>
</table>

Description: A Participation grade will be given daily. Failure to participate on scheduled class days will result in a ten point deduction for that day. Skills grade will be based on the specified amount of work done in class daily. Technique will be evaluated. Ten points will be given for skills daily. Failure to complete skills will result in a ten point deduction for that day. Pop Quizzes will be given periodically and will cover terminology and muscles. Students will be provided a study guide. Since quizzes are unannounced, they may not be made up without a legitimate written excuse. A Written Exam will be given during the last day of class and will cover material learned throughout the semester. Failure to take the written final exam will result in a zero.

CLASS REGULATIONS:
- All students are responsible for missed work prior to the next class meeting.
- Dress in exercise clothes only. No street wear. Tennis shoes are required (3 point deduction from the daily participation grade if tennis shoes are not worn and student may not participate). Shirts with sleeves are required while exercising in class. A towel must be brought to each class.
- No food, candy, or tobacco products allowed in class.
- No cell phones allowed. (3 point deduction from the daily participation grade and possible expulsion from the class if the cell phone policy is violated.)
- WARMING UP AND STRETCHING ARE A REQUIRED PART OF YOUR GRADE. Failure to do so will result in point deduction.
- Safety practices must be followed at all times.
- Students must return all free weights to their proper area prior to leaving class.

CLASS SAFETY:
- Do not begin class without the instructor present.
- Do not leave the class without checking with the instructor.
- Warm up and cool down are required parts of this course.
- Stop and inform the instructor if you feel any pain or dizziness of any kind.
- Breathe properly when lifting. Exhale on the exertion.
- Train with a partner if possible.
- Use proper technique and posture. Control lifting movements.
- Report any chronic or acute health issues to instructor immediately.
- Pain is an indication that something is wrong. Stop and see instructor.

*The Student Development Center is the official office to provide disability services at ABAC. If you have a documented disability that may require assistance, you will need to contact the Student Development Center for coordination of your academic accommodations. The Center is located on the 1st floor of the Carlton Center. The phone number is 229-391-5135; fax is 229-391-5136. You may also visit the website at www.abac.edu/sdc or email at mmartin@abac.edu

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