

# COAC 100 – Course Syllabus

---

**INSTRUCTOR:** Bob Semling  
**OFFICE:** 113 HEC  
**PHONE:** 715-346-4025  
**OFFICE HOURS:** Posted/By Appointment  
**TEXT:** None  
**EMAIL:** bsemling@uwsp.edu

This course meets 6:00-8:00am T/TH in Quandt Gym and for 75 minutes (to be arranged in small groups) between 6:00-11:00am M/W/F in the SFC/HEC 038. Other conditioning exercises will include running in the Schmeckle Reserve and the hill at Sentry Insurance.

## **Course Description:**

This course will provide students the knowledge on how to design and implement an off-season and pre-season conditioning program in order to excel in competitive athletics. This will be accomplished through participation in weight training, running, and various team building activities. The student will perform a variety of activities that are beneficial both aerobically and anaerobically. The course will also focus on other aspects associated with a quality fitness program such as flexibility and nutrition.

## **Intended Learning Outcomes:**

1. Appreciate the benefits of strength training and other fitness activities.
2. Increase the reserve to overcome muscle fatigue.
3. Increase muscular strength, reaction time, speed, quickness, power, explosiveness and flexibility.
4. Increase agility and develop a superior sense of timing.
5. Help reduce the risk of and avoid severe injury when performing physical activities.
6. Increase awareness of self-discipline and dedication.
7. Define terminology associated with strength training and conditioning.
8. Demonstrate proper biomechanics of various strength training and fitness activities.
9. Demonstrate correct spotting techniques

## **Attendance Policy:**

Attendance is mandatory. The only way you can reap the benefits of this course is to attend. Students are expected to participate in a variety of strength training and fitness activities at peak intensity levels. Dress in workout clothes and be prepared to perform activities both indoors and outdoors each class period. If you miss a class, you are expected to make it up. In general, the best way to avoid losing points is to contact me before an absence.

## **Course Requirements:**

All students should be dressed properly for physical activity; this includes having the proper equipment for class. Shorts, tee shirts, and sweats are appropriate. Shoes worn in the gym must be clean & dry. All students are required to participate in all activities unless a note from a doctor or athletic trainer. If advised to not do certain exercises, you may do an alternate exercise to earn your participation points for the day. You are also required to purchase a Strength Center membership.

## COAC 100 Course Syllabus – Page 2



### **Course Evaluation Breakdown:**

40% Attendance  
40% Participation  
20 % Final Exam


### **Grading System:**

80% Pass  
<80% Fail


### **Exceptional Needs Policy:**

Accommodating a student's needs is important, however, I don't believe that equal treatment is the same as fair treatment. As an instructor, I align my policies and choices with the Americans with Disabilities Act (ADA), a federal law that requires educational institutions to provide reasonable accommodations for students with disabilities. [Here is more information about UWSP's relevant policies](#) . If you have a disability and want an accommodation, please register with the [Disability Services and Assistive Technology Office](#)  and then contact me.

### **Integrity Policy:**

I expect you to come to class on time and prepared to actively and fully participate in the course. I expect you to treat everyone around you including me, and the facilities, with respect. I expect you to take ownership for managing your life so that you be at class on time and ready to participate. If for some reason you are unable to meet these expectations, please let me know and we can come up with a plan. As an instructor, I align my policy on academic misconduct (e.g., cheating) with [Chapter 14 of the UWSP Bill of Rights and Responsibilities](#) .

### **SOE Dispositions Model**

As an instructor, I align my policies and choices with my department's expectations. The School of Education has adopted [a model of the dispositions](#)  we expect from our students and graduates.

*In the event of a medical emergency, call 911 or use red emergency phone located (by Berg Gym). Offer assistance if trained and willing to do so. Guide emergency responders to victim.*

*In the event of a tornado warning, proceed to the lowest level interior room without window exposure at (bathroom by HEC 110). See [www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans](http://www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans) for floor plans showing severe weather shelters on campus. Avoid wide-span rooms and buildings.*

*In the event of a fire alarm, evacuate the building in a calm manner. Meet at The Newman Center. Notify instructor or emergency command personnel of any missing individuals.*

*Active Shooter – Run/Escape, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Follow instructions of emergency responders.*

*See UW-Stevens Point Emergency Management Plan at [www.uwsp.edu/rmgt](http://www.uwsp.edu/rmgt) for details on all emergency response at UW-Stevens Point.”*