Introduction to Fitness  
PENP-193 (16 week course)  
Section-501

I. General Information

Spring 2016: January 19 – May 6th
Primary Instructor: Marcus Gallegos (505) 925-8832 E-Mail: mgalle10@unm.edu
Secondary Instructor: Andre Bird E-Mail: anbird@unm.edu

Class Location: The class is located inside of the Wellness Center

Office Hours: Monday & Wednesday 9am – 10am in the Wellness Center

All students MUST attend an orientation during the first week of classes.

The Wellness Center Hours
Monday – Thursday 7:00AM – 7:00PM & Friday 7:00AM – 3:00PM

Weight equipment will not be available on
Monday and Wednesdays from 10:30am – 11:45am

Cardio Equipment will not be available on
Mondays from 3:00pm - 4:15pm during the 1st 8 weeks
Tuesdays from 3:00pm – 4:15pm during the 2nd 8 weeks

II. Course Description

To experience a healthier lifestyle through participation in an aerobic, strength, and flexibility program. Participants will learn how to safely and effectively use various fitness equipment to meet their goals. Proper nutrition, weight management, and healthy lifestyle information is presented. Students will learn how to monitor and track their fitness progress by learning key fitness assessments. A post fitness assessment will show areas of improvement and areas needing continued emphasis. This class is appropriate for all fitness levels. This course is designed to be flexible and fit into your daily schedule.

A well balanced exercise program includes but is not limited to: 1) Aerobic training, 2) Resistance Training, 3) Flexibility Training, 4) Good Nutrition, and 5) Stress
Management. Students will learn how to incorporate these important areas to enhance their overall level of fitness.

III. Textbook/Materials
- No Text Required (UNM-Learn is primary source for information)
- Athletic, closed toed shoes. NO sandals, dress shoes, or boots!
- Athletic clothes, you will be exercising try to dress appropriately.

IV. Student Learning Objectives
1. Students will demonstrate an improvement in their aerobic capacity, muscular endurance/strength, flexibility, and body composition.
2. Students will demonstrate the ability to maintain a consistent exercise program.
3. Students will be able to demonstrate the ability to track and calculate their aerobic target heart rate, Body Mass Index (BMI), and other muscular endurance assessments.
4. Students will develop an appreciation for the importance of how exercise can help the mind, body, and spirit.

V. Course Evaluations:
1. Since this course does not have a scheduled class to attend, those looking at taking this class for a grade/credit will earn 18.75 points for each hour long workout in the Valencia Campus Wellness Center. Students can receive a maximum of 600 points through their workouts. (32 one hour workouts)
2. Students taking this class for a grade will have a total of 8 labs turned in through-out the semester. Each lab sheet is worth 40.6 points for a total of 325 points. Labs will be available through UNM Learn under the course information tab.
3. Students who are taking this class for credit/no credit will need a minimum of 700 points to receive credit for this class, the orientation, and Pre & Post-fitness assessments.
4. Orientation counts for 25 points
   (Everyone must attend an orientation the first week of class).
5. A pre and post-fitness assessment counts for 25 points each for 50 pt. max. Students will use values from certain labs to see areas of improvement and areas needing continued emphasis.

A = 90% - 100% - 900-1000 points
B = 80% - 89.9% - 800-899 points
C = 70% - 79.9% - 700-799 points
D = 60% - 69.9% - 600-699 points
F = <59.9% <599 points
Academic Dishonesty-Section 4.8:
"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

Special Assistance:
Students with disabilities:
Qualified students with disabilities needing accommodations should notify their academic advisor located at Student Services early each semester for a referral at 925-8560. If you are a student with an identified disability, please notify me of your special needs as soon as possible.

VI. Due Dates – Labs

Lab activities are due in the wellness center by 3pm on the due dates (Fridays)

| Lab Activity 1 (Pre Assessment) | Due By: 01/29/2016 |
| Lab Activity 2                | Due By: 02/12/2016 |
| Lab Activity 3                | Due By: 02/26/2016 |
| Lab Activity 4                | Due By: 03/11/2016 |
| Lab Activity 5                | Due By: 03/25/2016 |
| Lab Activity 6                | Due By: 04/08/2016 |
| Lab Activity 7                | Due By: 04/22/2016 |
| Lab Activity 8 (Post Assessment) | Due By: 05/06/2016 |