

Introduction to Fitness PHED-2996-501

Week Course

I. General Information

Fall 2020: August 17th – December 11th 2020

Instructor: Andre Bird (505) 925-8832 E-Mail: anbird@unm.edu

Class Location: Online

Office Hours: By email

All students MUST Take an online quiz over the Syllabus during the first two weeks of class

The Wellness Center Hours

Closed During Fall 2020

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)
- 3 Pronged File Folder

- 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 learn to commit to and follow through with a dedicated exercise plan.
4. Students will develop an appreciation for the importance of how exercise can help the mind, body, and spirit.

V. Course Evaluations:

1. Students earn 6 points for attending orientation. (Mandatory quiz due over the syllabus)
2. Since this course does not have a scheduled class time, those looking at taking this class for a grade or credit/no credit will earn **5.875 points** for each 5-minute video uploaded into learn. Students can receive a maximum of 47 points through their workouts.
3. Students taking this class for a grade or credit/no credit will have a total of 8 modules turned in through-out the semester. Each **Module** is worth **5.875 points** for a total of 30 points. Modules will be available through UNM Learn under the course information tab. Modules are due every two weeks. Modules can be turned in up to one week late for ½ credit.
4. Students who are taking this class for credit/no credit will need a minimum of 70 points to receive credit for this class.

Evaluation is based upon:

- | | |
|--------------------|------------------|
| • Orientation Quiz | 06 points = 06 % |
| • Exercise Time | 47 points = 47 % |
| • Labs (8 Labs) | 47 points = 47 % |

A = 90% - 100% - 90-100 points

B = 80% - 89.9% - 80-89 points

C = 70% - 79.9% - 70-79 points

D = 60% - 69.9% - 60-69 points

F = <59.9% <59 points

Grades:

- Exercise hours and grades are updated weekly through UNM-Learn under the grades tab.

VI. Due Dates – Labs

Lab activities are accessed through *UNM Learn* and are due by Midnight on the due dates

Module 1 (Pre-Assessment)	Due By: 08/28/2020 Friday
Module 2	Due By: 09/11/2020 Friday
Module 3	Due By: 09/28/2020 Friday
Module 4	Due By: 10/09/2020 Friday
Module 5	Due By: 10/23/2020 Friday
Module 6	Due By: 11/06/2020 Friday
Module 7	Due By: 11/20/2020 Friday
Module 8 (Post-Assessment)	Due By: 12/04/2020 Friday

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 9258560. If you are a student with an identified disability, please notify me of your special needs as soon as possible.

EQUAL OPPORTUNITY AND NON-DISCRIMINATION::

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered "responsible employees" by the Department of Education (see page 15 - <http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404title-ix.pdf>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>.