

Fitness For Life
PHED - 2996
Section - 505
Fall 2021
Online via UNM Blackboard

Instructor Information

Primary Instructor

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Course Description:

Fitness for life will enable students to obtain the knowledge and skills necessary to develop and maintain a health-enhancing level of fitness and to increase physical competence, self-esteem, and the motivation to pursue lifelong physical activity.

This course will look at common wellness methods and techniques to lead a healthier lifestyle. It will discuss the health risks of being overweight, economic costs of weight, assessing your current weight level, and establishing a goal weight. It will also provide extensive information about nutrition and exercise for weight management.

Students will learn how to monitor and track their fitness progress by learning key fitness assessments. A pre- and 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.

Expectations and Goals:

1. Establish body goals and body percentage fat.
2. Identify and describe eating disorders.
3. Determine why and how weight loss can be managed appropriately.
4. Students will be able to demonstrate the ability to track and calculate their daily caloric goal, Body Mass Index (BMI), and other fitness assessments.
5. Students will be able to structure a general workout.
6. Students will develop an appreciation for the importance of how exercise can help the mind, body, and spirit!

Required Materials:

- Access to the internet
- Notebook
- Tape measure (sewing style for measuring the body).
Something like [this](#), [this](#), or [this](#).
- Access to weight scale
- Self-motivation!

Course Evaluation:

1. The class is graded on a scale of 0-100 points.
2. Students taking this class for a grade will have a total of 14 labs turned in throughout the semester. Each completed lab is worth 5 points for a total of 70 points. Labs can be found online in your UNM learn. Labs should be submitted before the end of the day they are due. See the schedule on the next page for the due dates. Late folder will receive half credit.
3. Students will be required to perform a pre and post fitness assessment (Labs 3 and 8). Students will receive 15 points for each of the pre- and post-assessments.
4. Below is the grading scale for PHED-2996 section 505.

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

Course 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 accommodation 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.

Course Schedule

Material for labs will be up on Monday by 8am and should be turned in by Sunday each week. Labs will require a mix of worksheets, videos to watch and quizzes. Not every week will be the same, so please be attentive. Lab activities may be turned in early. Late labs will be accepted only 1 week after the due date with points deducted.

Assignments	Due Date
Lab 1 : Introduction, Collect Tape Measure/Scale	August 29 th
Body Composition Measurements & Assessments #1	September 5 th
Lab 2 : Nutrition	September 12 th
Lab 3 : Getting Started with Exercise	September 19 th
Lab 4 : Building A Routine	September 26 th
Lab 5 : Maintaining Healthy Lifestyle	October 3 rd
Lab 6 : Second Measurements	October 10 th
Lab 7 : Training "Splits"	October 17 th
Lab 8: Nutrition & Macros/Micros	October 24 th
Lab 9 : Food Journaling	October 31 st

Lab 11 : Flexibility, Relaxation, Breathing	November 7th
Lab 12 : Importance of Recovery	November 14 th
No Lab Due This Week: Thanksgiving Break!	November 21 st
Last Measurement Assessment #2	November 28th
Lab 14 : Course Wrap Up	December 6 th

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- Below is the grading scale for PHED-2996 section 505.

E = 90% - 100% - 90-100 points

F = 80% - 89.9% - 80-89 points

G = 70% - 79.9% - 70-79 points

H = 60% - 69.9% - 60-69 points

F = <59.9% <59 points

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