

# Introduction to Fitness

## PENP-193-501

16 Week Course

### I. General Information

**Spring 2019:** January 14<sup>th</sup> – May 3<sup>rd</sup> 2019

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

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

**Office Hours:** Monday & Thursday 11:45 am – 12:15 pm 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**

### 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)
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 **2 points** for each hour of **Exercise Time** in the Valencia Campus Wellness Center. Students can receive a maximum of 64 points through their workouts. (**32 Hours of Exercise Time**).
3. Students taking this class for a grade or credit/no credit will have a total of 8 labs turned in through-out the semester. Each **Lab** is worth **3.75 points** for a total of 30 points. Labs will be available through UNM Learn under the course information tab. Labs are due every two weeks. Labs 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   | 06 points = 06 % |
| • Exercise Time | 64 points = 64 % |
| • Labs (8 Labs) | 30 points = 30 % |

**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 in the Wellness Center by 3pm on the due dates**

<b>Lab Activity 1 (Pre-Assessment)</b>	<b>Due By: 01/25/2019 Friday</b>
<b>Lab Activity 2</b>	<b>Due By: 02/08/2019 Friday</b>
<b>Lab Activity 3</b>	<b>Due By: 02/22/2019 Friday</b>
<b>Lab Activity 4</b>	<b>Due By: 03/08/2019 Friday</b>
<b>Lab Activity 5</b>	<b>Due By: 03/22/2019 Friday</b>
<b>Lab Activity 6</b>	<b>Due By: 04/05/2019 Friday</b>
<b>Lab Activity 7</b>	<b>Due By: 04/19/2019 Friday</b>
<b>Lab Activity 8 (Post-Assessment)</b>	<b>Due By: 05/03/2019 Friday</b>

**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.

**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-201404-title-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>.