

CRN # 62622

PENP 1510 -501 Resistance Training

Spring Semester 2024: March 17th – May 8th (2nd 8 weeks)

Class meets in RM 134, M & W 05:30 PM – 6:45AM

Instructor: Carlos Griego

Office Hours: By email only Mondays – Fridays

Email: Cgriego04@unm.edu

Recommended Text: *The Strength Training Anatomy Workout II, by Delavier & Gundill Exercise Journal, (Blue examination book from bookstore)*

Course Descriptions: Emphasizes the importance of physical activity for health and wellbeing. Students will learn proper movement techniques, resistance training, aerobic and anaerobic conditioning, and how to incorporate physical activity into their lifestyle.

Six Student Learning Outcomes (SLOs)- Knowledge, Skills and Appreciation:

- Describe and apply the concepts of resistance and cardiovascular training.
- Demonstrate an understanding of warm-up and cool-down exercises.
- Develop and implement an individual exercise program that fits the need, health, and lifestyle of the participant.
- Describe and apply the FITT principle (Frequency, Intensity, Time, and Type).
- Demonstrate knowledge of common sports injuries specific to conditioning.
- Demonstrate the ability to self-assess present physical fitness level and compare it to normative data.

Gym Etiquette

NO CELL PHONES / No social media!!!

- Unless used for music while exercising.

NO FOOD OR DRINKS IN THE GYM

- Only closed lid water bottles / shakers allowed.

WEAR PROPER CLOTHING– You must wear proper exercise attire i.e. shorts, sweats, t-shirt & athletic footwear.

- **Absolutely No** jeans, cut offs, boots, open toed shoes or attire that is distracting to class.

USE COMMON COURTESY

- Wipe down equipment after use with disinfectant wipe (provided) □ Rack all weights after use. If you use it put it away!!!

- Keep mindful of time on equipment (don't be a bench hog!)
- Use good hygiene, nobody likes smelly people (use deodorant!)

Course Evaluation: Attendance is important! Each class counts for **3 Points**. Attendance begins the first day you enroll/add the class. You will be dropped if you fail to attend the class the first week without contacting the instructor about the reason for your absence. There are 16 classes in the 8-week period. You will need to be in class on time and stay the entire time for full credit. Being late or leaving early, unless approved by the instructor, will count as half an absence. If you miss more than 3 consecutive classes without talking to me, you may be dropped.

Evaluation is based upon:

- | | |
|------------------------------|------------------|
| • Attendance / Participation | 45 points = 45 % |
| • Exercise Training Logs | 05 points = 05 % |
| • Pre/Post Measurements | 05 points = 05 % |
| • Exercise Journal | 10 points = 10 % |
| • Class Participation | 05 points = 05 % |

Grade Point Scale

- 100-90 = A
 89 – 80 = B
 79 – 70 = C
 69 – 60 = D
 ≤ 59 = F

SPECIAL ASSISTANCE:

Equal Access Services (505) 925-8560, <http://www.unm.edu/~vcadvise/equalaccess.htm> provides academic support to students with disabilities. If you need special assistance with completing coursework, please contact this service and return documented forms to the instructor as soon as possible.

Course Schedule: I reserve the right to change the course schedule as needed. Any changes will be relayed during class and emailed.

Week 1 – Chest / Back / Resistance Training

- Review syllabus
- Weight room etiquette and guidelines
- Student Health information and waivers
- Complete 1 RM, 12-minute run test, BMI, & Body Fat %

Week 2 –

- Class Discussion / Exercise demonstration
- Class Workout

Week 3 – Cardiovascular Exercise / F.I.T.T.

- Class Discussion / Exercise demonstration
- Class Workout

Week 4 – Quadriceps & Hamstrings

- Class Discussion / Exercise demonstration
- Class Workout

Week 5 –

- Class Discussion / Exercise demonstration
- Class Workout

Week 6 – Biceps & Triceps

- Class Discussion / Exercise demonstration
- Class Workout

Week 7 – Shoulders, Calves & Abdominals

- Class Discussion / Exercise demonstration
- Class Workout

Week 8 – Last Week of Class

- Complete 1 RM, 12-minute run test, BMI, & Body Fat %
- Exercise training Logs Due

Title IX:

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 pg 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/universitypolicies/2000/2740.html>

UNM-VC RESOURCES

Student Services

There are various services provided in our Student Services Department. See below about equal access. Also, we have a testing center, advising, and career placement available: <http://valencia.unm.edu/students/student-services.html>

Other Important Information

Equal Access

If you have a documented disability, please provide me with a copy of your letter from Equal Access Services as soon as possible to ensure that your accommodations are provided in a timely manner. It is up to you to obtain documentation of a disability. If you are a Valencia campus student, contact Equal Access Services at Valencia Campus (505)925-8910 and <http://valencia.unm.edu/students/advisement-and-counseling/equal-access-services.html>. If you are a main campus student you can receive documentation from the main campus Accessibility Resource Center <http://as2.unm.edu/>. I will not guarantee accommodation without the appropriate documentation.

Academic Dishonesty

Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or otherwise fails to meet the standards. Any student judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course. **Academic dishonesty includes, but is not limited to: dishonesty in quizzes, tests, or assignments; sharing your NetID or MyLab IT login credentials, 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.

Students should be familiar with UNM's [Policy on Academic Dishonesty](#) and the [Student Code of Conduct](#), which outline academic misconduct, defined as plagiarism, cheating, fabrication, or facilitating any such act.