

Introduction to Fitness

PENP-193

Section-502

I. General Information

Fall 2015: October 12th – December 4th

Primary Instructor: Andre Bird Phone: 925-8833 E-Mail: anbird@unm.edu

Secondary Instructor: Marcus Gallegos E-Mail: mgalle10@unm.edu

Class Location: The class is located inside of the Wellness Center (Located next to the bookstore)

Office Hours: Tuesday & Thursday 3:00pm-6:00pm in the Wellness Center

All students MUST attend an orientation during the first week of classes. Please contact the Wellness Center at 925-8830 for orientation times.

The Wellness Center is open Monday – Thursday 7:00AM – 7:00PM & Friday 7:00AM – 3:00PM. The weight room is **CLOSED for the weightlifting class Monday and Wednesday 10:30-11:45. The cardio section will be **CLOSED** for the cardio conditioning class Tuesdays from 3:00-4:15.**

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

- 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 3 points for each hour long workout in the Valencia Campus Wellness Center. Students can receive a maximum of 75 points through their 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 3.75 points for a total of 30 points. Labs could be found online in your UNM learn. They will be due to the Wellness Center in a folder no later than the end of business day the Friday they are due. See schedule the schedule on the next page for the due dates. **No loose papers will be accepted!**
3. Everyone must attend an orientation the first week of class. **Those who do not attend the orientation the first week of classes will be DROPPED.**
4. Below is the grading scale for PENP-193 section 502.

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

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

The Lab Activities may be turned in early. Late labs will be accepted only 1 week after due date. With the exception of the last lab (NO LATE LABS WILL BE ACCEPTED FOR LAB ACTIVITY 8).

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| Lab Activity 1- Pre-Assessment | Due By: 3/25/2016 |
| Lab Activity 2 | Due By: 4/1/2016 |
| Lab Activity 3 | Due By: 4/8/2016 |
| Lab Activity 4 | Due By: 4/15/2016 |
| Lab Activity 5 | Due By: 4/22/2016 |
| Lab Activity 6 | Due By: 4/29/2016 |
| Lab Activity 7 | Due By: 5/6/2016 |
| Lab Activity 8- Post-Assessment | Due By: 5/11/2016 |