

CRN # 48929

PENP 193-505 T: Core Fitness

Fall Semester: January 25th – March 9th (1st 8 weeks)

Class meets in RM 134, T & TR 10:30AM – 11:45AM

Instructor: Primary - Marcus Gallegos CSCS

Office Hours: T & TR 11:45 AM – 12:15 PM

Phone: 925-8832

Email: Mgalle10@unm.edu

Required Text / Material: *Delavier's Core Training Anatomy by Frederic Delavier
Journal Book, (Blue examination book form book store)
Exercise mat (yoga mat) Recommended not required.*

Course Descriptions: Students will understand basic muscles, warm-up/stretching routines, and exercises associated with core fitness training.

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

- Students will understand what muscles and parts of the body constitute their core.
- Students will learn to track their progress through reflection and thoughts written in a journal.
- Students will increase their skills of core exercises and learn new core exercises.
- Students will learn how to create a core exercise program as part of their final learning objective.
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Gym Etiquette

NO CELL PHONES

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)
- Put everything back where you got it.
- 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 of the reason for your absence. There are 15 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 class without talking to me you may be dropped.

Evaluation is based upon:

- Attendance / Participation 45 points = 45%
- 3 online quizzes (UNM Learn) 30 points = 30%
- Core fitness Routine (Final) 10 points = 20%
- Reflection book 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

Due Dates for Online Quizzes:

All quizzes will be completed online on UNM Learn - <https://learn.unm.edu/> There are 4 quizzes that will need to be completed on **your own.** Quizzes will be due on the following dates at 11:59 PM. No exceptions unless UNM learn is down. Quizzes will open up after class on Wednesday and be due that Friday. Please use a reliable internet connection at UNM-VC to take exams so if there are problems the computer lab personnel can help you.

QUIZ DUE DATES

Quiz # 1 – January 29th
Quiz # 3 – February 26th
Quiz # 4 – March 11th

Academic Dishonesty:

"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.

UNM Academic Dishonesty policy <https://policy.unm.edu/regents-policies/section-4/4-8.html>

Academic Support Services:

For tutoring and other academic support, contact the Learning Center at 925-8900 or [http:// www.unm.edu/~tutor/](http://www.unm.edu/~tutor/)