

Exercise with Balls, Bands, and More

PENP-193 Section-504

I. General Information

Summer 2017:

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

Class Day & Time: Tuesday & Thursday 1:00pm – 2:15 pm

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

Office Hours: Wednesday & Friday 1:00pm-3:00pm in the Wellness Center

The Wellness Center is open: Monday – Thursday 7:00AM – 5:00PM
Friday 7:00AM – 3:00PM

II. Course Description

This course is designed to teach individuals how to utilize a variety of equipment in the fitness setting. Individuals will learn aerobic, resistance, core, and stretches while incorporating Exercise Bands, Kettlebells, Fit-balls, Medicine Balls, Foam Rollers, and other equipment commonly found in an exercise facility.

III. Textbook/Materials

- Athletic, closed toed shoes. NO sandals, dress shoes, or boots!
- Fitness attire must be worn, no street clothes. (Jeans, skirts, slacks)

IV. Student Learning Objectives

1. Students will demonstrate an improvement in overall knowledge of fitness equipment.
2. Students will demonstrate the ability to name and perform exercises related to fitness equipment.
3. Students will learn to develop an exercise routine utilizing the various equipment in the Wellness Center.

V. Course Evaluations:

1. This class is graded upon a 100 point system. **Students who do not attend the first week of class will be dropped.** Class attendance is the most important part of your grade, accounting for 60% of your total grade. Students will earn a total of 3.75 points for each class attended. Students are allowed to make up 1 missed class with an alternative assignment (Please see instructor about the missed class and make-up assignment).
2. Students will be recording their learning experiences throughout the class. There will be a total of 4 journal entries due throughout the semester. Each journal entry is worth 5 points.
3. Students will be responsible running the class through an exercise routine using the BOSU. This will be conducted the last week of the semester. This will be 20% of your grade which is worth 20 points total.

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% <60 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

Journal 1-----Due by 6/15/2016

Journal 2 -----Due by 6/29/2016

Journal 3 -----Due by 7/13/2016

Journal 4-----Due by 7/27/2016