

**PHED 1510 -501 Training – Resistance Training**  
**Fall Semester 2020: August 17th – October 9th (1<sup>st</sup> 8 weeks)**  
**Class meets: Online**  
**Instructor: Andre Bird**  
**Office Hours: by appointment**  
**Email: Anbird@unm.edu**

**Suggested 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, 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 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!)

**Evaluation is based upon:**

- Attendance / Participation (uploaded videos) 45 points = 45 %
- 4 online quizzes (UNM Learn) 30 points = 30 %
- 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&2 - F.I.T.T.**

- Review syllabus
- Weight room etiquette and guidelines
- Discuss Quizzes (UNM Learn)
- 12-minute run test, BMI

**Week 2 - Chest / Back / Resistance Training**

- Class Discussion
- Class Workout
- Quiz # 1

**Week 3 – Quadriceps & Hamstrings**

- Class Discussion
- Class Workout

#### **Week 4 –**

- Class Discussion / Exercise demonstration
- Class Workout
- **Quiz # 2**

#### **Week 5 – Biceps & Triceps**

- Class Discussion / Exercise demonstration
- Class Workout

#### **Week 6 –**

- Class Discussion / Exercise demonstration
- Class Workout
- **Quiz # 3**

#### **Week 7 – Shoulders, Calves & Abdominals**

- Class Discussion / Exercise demonstration
- Class Workout
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#### **Week 8 – Last Week of Class**

- Complete 1 RM, BMI, & Body Fat %
- **Quiz # 4**

#### **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**. I will drop the lowest quiz grade. 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 Thursday and be due that Sunday by 11:59pm. 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 – August 30<sup>th</sup> (Sunday)

Quiz # 2 – September 13<sup>th</sup> (Sunday)

Quiz # 3 – September 27<sup>th</sup> (Sunday)

Quiz # 4 – October 9<sup>th</sup> (Friday)

#### **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/>

### **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/ga-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](http://oeo.unm.edu)). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>