

# Introduction to Fitness

PHED - 2996

Section - 501

Fall 2021

Online OR Valencia Campus Wellness Center

## Instructor Information

### Primary Instructor

Victoria Perez

### Email

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### Phone

505-925-8833

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## 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. 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.

## Expectations and Goals:

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 learn to commit to and follow through with a dedicated exercise plan.
4. Students will develop an appreciation for the importance of how exercise can help the mind, body, and spirit!

### Required Materials:

- Comfortable workout clothing and appropriate workout shoes
- Access to internet

### Course Evaluation:

1. Students earn 5 points for completing syllabus quiz and 5 points for the course wrap up.
2. Since this course does not have a scheduled class time, those looking at taking this class for a grade or credit/no credit will earn 6.42 points for each 5–10-minute video uploaded into learn OR alternatively you can come into Valencia Campus Wellness Center for a workout and receive the same 6.42 points. Students will be responsible for submitting a video of their workouts each week or coming into the Wellness Center. Students can receive a maximum of 90 points through their workouts.
3. Students who are taking this class for credit/no credit will need a minimum of 70 points to receive credit for this class
4. Students who are auditing this course must stop at the Registrar office or send an email to audit the course.

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

### Course 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 accommodation should notify their academic advisor located at Student Services early each semester for a referral at 9258560. If you are a

student with an identified disability, please notify me of your special needs as soon as possible.

<b>Assignments</b>	<b>Due Date</b>
<b>Complete Introduction &amp; Syllabus Quiz</b>	August 29 <sup>th</sup>
<b>Module 1 : upload workout</b>	September 5 <sup>th</sup>
<b>Module 2 : upload workout</b>	September 12 <sup>th</sup>
<b>Module 3 : upload workout</b>	September 19 <sup>th</sup>
<b>Module 4 : upload workout</b>	September 26 <sup>th</sup>
<b>Module 5 : upload workout</b>	November 22 <sup>nd</sup>
<b>Module 6 : upload workout</b>	October 3 <sup>rd</sup>
<b>Module 7 : upload workout</b>	October 10 <sup>th</sup>
<b>Module 8: upload workout</b>	October 17 <sup>th</sup>
<b>Module 9 : upload workout</b>	October 24 <sup>th</sup>
<b>Module 10 : upload workout</b>	October 31 <sup>st</sup>
<b>Module 11 : upload workout</b>	November 7 <sup>th</sup>
<b>Module 12 : upload workout</b>	November 14 <sup>th</sup>
<b>Module 13 : upload workout</b>	November 21 <sup>st</sup>
<b>No Workout Due - Thanksgiving break</b>	November 28 <sup>th</sup>
<b>Module 14 : upload workout</b>	December 6 <sup>th</sup>
<b>Complete End of Course Wrap Up</b>	December 13 <sup>th</sup>

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