

# Introduction to Fitness

PHED – 1620

Section - 501

FALL 2022

Online / Valencia Campus Wellness Center

## Instructor Information

**Primary Instructor**

Victoria Perez

**Email**

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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 and UNM Canvas.
- Ability to record and upload videos or a smart watch/fitness app to track workouts.

### Course Evaluation:

1. Students earn 3.333 points for completing each Module and 3.334 points for each proof of exercise. (15 total)
2. A “**proof of exercise**” can be a 1–2-minute video recap of your workout, a photo of a workout summary on a smart watch or phone. (Examples: a recap video of your workout at the park, a photo of your Apple Watch workout summary, a video doing bench press at the gym, a video of you sprinting outside, a screenshot of a workout summary on Nike Run or any other app etc.).  
Aim for at least 30 minutes up to 1-hour workouts.  
\*Alternatively, you can come into **Valencia** Campus Wellness Center for a workout and log your hours to receive the same 3.333 points. Please visit front desk to sign up. Those coming into Wellness Center to complete workouts must also still complete all Modules.
3. Students will be responsible for completing each Module each week, as well as submitting a “proof of exercise” each week or coming into the Valencia Campus Wellness Center. Students can receive a maximum of 100 points through their Modules + Proof of Exercise.
4. You have until Sunday of each week to complete assignments, after this late points will be deducted.
5. Students who are taking this class for credit/no credit will need a minimum of 70 points to receive credit for this class
6. **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

### Evaluation is based upon:

- Proof of Exercise 50 points = 50%
- 15 Modules 50 points = 50%

<b>Assignments</b>	<b>Due Date</b>
<b>Module 1: Intro / Syllabus Review + Exercise Submission</b>	August 28 <sup>th</sup>
<b>Module 2 : Body Assessments + Exercise Submission</b>	September 4 <sup>th</sup>
<b>Module 3 : Warm Ups/ Cool Downs + Exercise Submission</b>	September 11 <sup>th</sup>
<b>Module 4 : Posture/ Safety/ Injury Prevention + Exercise Submission</b>	September 18 <sup>th</sup>
<b>Module 5 : Heart Rate/ Intensity + Exercise Submission</b>	September 25 <sup>th</sup>
<b>Module 6 : Nutrition Components + Exercise Submission</b>	October 2 <sup>nd</sup>
<b>Module 7 : Nutrition Components Cont. + Exercise Submission</b>	October 9 <sup>th</sup>
<b>FALL BREAK – No Assignment due</b>	October 16 <sup>th</sup>
<b>Module 8 : Second Measurements + Exercise Submission</b>	October 23 <sup>rd</sup>
<b>Module 9 : Aerobic / Anerobic Activity + Exercise Submission</b>	October 30 <sup>th</sup>
<b>Module 10 : Building Healthy Habits + Exercise Submission</b>	November 6 <sup>th</sup>
<b>Module 11 : H.I.I.T + Exercise Submission</b>	November 13 <sup>th</sup>
<b>Module 12 : Important of Recovery/ Relaxation + Exercise Submission</b>	November 20 <sup>th</sup>
<b>THANKSGIVING BREAK – No Assignment due</b>	November 27 <sup>th</sup>
<b>Module 13 : The Breath + Exercise Submission</b>	December 4 <sup>th</sup>
<b>Module 14 : Supplements + Exercise Submission</b>	December 11 <sup>th</sup>
<b>Module 15 : Wrap Up + Last Measurements</b>	December 18 <sup>th</sup>

PLEASE HAVE ASSIGNMENTS IN BY DUE DATE. SUBMIT AFTER DUE DATE WILL RESULT IN DEDUCTED 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.