

# Introduction to Fitness

## PHED - 2996

### Section - 502

#### Spring 2022

#### Online/Valencia Wellness Center

#### 2<sup>nd</sup> 8 Weeks Course

#### Instructor Information

##### Primary Instructor

Victoria Perez

##### **Phone**

505-925-8833

##### **Email**

[missvperez@unm.edu](mailto:missvperez@unm.edu)

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

### Course Evaluation:

1. Students earn 5 points for completing Syllabus Quiz/Introduction and 5 points for the Course Wrap Up.
2. Since this course does not have a scheduled class time, those looking at taking this course for a grade or credit/no credit will earn up to 7.5 points for each completed Module and 7.5 points for each submitted “proof of exercise” submission.
3. A “proof of exercise” can be a 3–5-minute video submission of a workout, or a photo of a workout summary on a smart watch. (Examples: a recap video of your workout at the park, a phot of your Apply 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 7.5 points. Please visit front desk to sign up. Those coming into the Wellness Center to complete workouts must still complete learning Modules.
4. Students will be responsible for completing one Module each week, as well as submitting a “proof of exercise” or coming into the Valencia Campus Wellness Center. Students can receive a maximum of 90 points through their Modules + exercise submissions.
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     | 45 points = 45% |
| • Modules               | 45 points = 45% |
| • Syllabus Quiz/Wrap Up | 10 points = 10% |

<b>Assignments</b>	<b>Due Date</b>
<b>Module 1: Syllabus Quiz/ Introduction</b>	October 23 <sup>rd</sup>
<b>Module 2 : Body Assessments + Exercise Submission</b>	October 30 <sup>th</sup>
<b>Module 3 : Heart Rate/ Intensity + Exercise Submission</b>	November 6 <sup>th</sup>
<b>Module 4 : Nutrition Components + Exercise Submission</b>	November 20 <sup>th</sup>
<b>Module 5 : Aerobic / Anerobic Activity + Exercise Submission</b>	November 27 <sup>th</sup>
<b>Module 6 : Building Healthy Habits + Exercise Submission</b>	December 4 <sup>th</sup>
<b>Module 7 : Important of Recovery/ Relaxation/ The Breathe + Exercise Submission</b>	December 11 <sup>th</sup>
<b>Module 8 : Course Wrap Up</b>	December 18 <sup>th</sup>

#### **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.