Introduction to Fitness
PHED - 2996
Section - 501
Fall 2026
Online/UNM-Valencia Wellness Center
Fall 16 Weeks Course

Instructor Information:

Carlos Griego
cgrieg04@unm.edu

Course Description:

To experience a healthier lifestyle through participation in an aerobics, 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!
5. Work submitted after final due date or grace period will receive a zero. Please contact me early when challenges arrive rather than waiting until the end of the term.

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 **10** points for completing Module 1: Syllabus Quiz/Introduction and **10** points for the Module 8: 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 **6.67 points** for each completed Module and **6.67** points for each submitted "proof of exercise" submission. Proof of exercise are due weeks 2-7.
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. One proof of exercise required per week.
   *Alternatively, you can come into **Valencia** Campus Wellness Center for a workout and log your hours to receive the same 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 80 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:

• Syllabus Quiz	10 points = 10%
• Proof of Exercise (1 per week)	40 points = 40%
• Modules	40 points = 40%
• Wrap Up	10 points = 10%

	Due Date
Module 1: Intro / Syllabus Review	August 24th
Module 2 : Body Assessments + Exercise Submission	August 31st
Module 3 : Warm Ups/ Cool Downs + Exercise Submission	September 7th
Module 4 : Posture/ Safety/ Injury Prevention + Exercise Submission	September 14th
Module 5 : Heart Rate/ Intensity + Exercise Submission	September 21st
Module 6 : Nutrition Components + Exercise Submission	September 28th
Module 7 : Nutrition Components Cont. + Exercise Submission	October 5th
Module 8: Second Measurements + Exercise Submission	October 12th
Module 9 : Aerobic / Anaerobic Activity + Exercise Submission	October 19th
Module 10 : Building Healthy Habits + Exercise Submission	October 26th
Module 11 : H.I.I.T + Exercise Submission	November 2nd
Module 12 : Important of Recovery/ Relaxation + Exercise Submission	November 9th
Module 13 : The Breath + Exercise Submission	November 16th
Module 14 : Supplements + Exercise Submission	November 23rd
Module 15 : Wrap Up + Last Measurements	November 30th

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

Academic Integrity:

Having academic integrity is paramount to your success in any class. Plagiarism or cheating is not tolerated. Any instance of this will result in a grade of zero for that assignment. Here is the link to the UNM Academic Dishonesty Policy: https://policy.unm.edu/regents-policies/section-4/4-8.html. The policy states:
Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or who otherwise fails to meet the expected standards. Any student judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course.
Academic Dishonesty is defined as:
"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.

Equal Opportunity:

In an effort to meet obligations until Title IX, UNM faculty are considered "responsible employees" by the Department of Education (http://www2.ed.gov/about/offices/list/ocr/docs/qa-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 must be reported to the Title IX Coordinator at the Compliance and Equal Opportunity Office (http://oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see https://policy.unm.edu/university-policies/2000/2740.html.

Disability and Accommodations:

If you have a documented disability, the Accessibility Services office will provide me with a letter outlining your accommodations. I will then discuss the accommodations with you to determine the best learning environment. If you feel that you need accommodations, but have not documented your disability, please contact Sarah Clawson, the coordinator for Accessibility Services at 925-8910 or sjclawson@unm.edu.