

Cardio Conditioning

PENP-193 Section-503

I. General Information

Spring 2019: January 14 – March 18

Instructor: Nathaniel Martinez Phone: 925-8833 E-Mail: nmartinez98@unm.edu

Class Day & Time: Monday & Wednesday 1:30pm – 2:45 pm

Class Location: The class is located in the Group Exercise Room inside of the Wellness Center (Located next to the bookstore)

Office Hours: Monday & Wednesday 4:30pm-6:00pm in the Wellness Center

**The Wellness Center is open: Monday – Thursday 7:00AM – 7:00PM
Friday 7:00AM – 3:00PM**

II. Course Description

This 8 week long course will help individuals enhance their level of aerobic conditioning. Participants will learn how to use a Heart Rate monitor to track their individual workout with a variety of aerobic equipment such as: Treadmills, Recumbent Bikes, Elliptical Machines, Stair Climbers, and Upper Body Ergometers (UBE's). This class will go beyond the traditional aerobic training on aerobic machines. It will also include different exercise complexes (exercise routines) to help elevate your heart rate. The exercise complexes will include using: BOSU's, Aerobic Steps, Body Weight, and different types of Resistances. If you are looking at improving your aerobic capacity and or losing weight this would be a great class for you.

III. Textbook/Materials

- Heart Rate Monitor (Recommended)
- Athletic, closed toed shoes. NO sandals, dress shoes, or boots!

IV. Student Learning Objectives

1. Students will demonstrate an improvement in overall Cardiovascular abilities.
2. Students will demonstrate the ability to perform a heart rate check.
3. Students will be able to identify their low, moderate, and vigorous intensities.
4. Students will learn exercise complexes designed to systematically fatigue the body and increase their cardiovascular response.
5. Students will develop a cardiovascular exercise program based upon their fitness level and goals.

V. Course Evaluations:

1. This class is graded upon a 100 point system. **Students who do not attend the first week of class will be dropped.** Class attendance is the most important part of your grade, accounting for 50% of your total grade. Students will earn a total of 3.125 points for each class attended. Students are allowed to make up 1 missed class with an alternative assignment (Please see instructor about the missed class and make-up assignment).
2. Students will be logging their weekly exercise sessions on a log I will provide for you. You do not have to use this log if you have a preference on using another log. Logs will be turned in on Tuesday before class begins with the exception of the last log. This log will be due on the last day of the class (03/13/2019). Each workout log is worth 2.5 points.
3. Students will be responsible for logging in an additional 5 hours throughout the 8 weeks. Each hour spent in the gym is worth 4 points.
4. Students will be responsible for a pre and post cardio/endurance assessment. The first assessment (pre-assessment) will be performed in class the first day. The post assessment will be done at the students' convenience. Each assessment (pre and post) is worth 5 points.
5. Students will have the opportunity to earn extra credit two different ways. The student will demonstrate and run the class through a short 10-15 minute cardiovascular routine. The other option is to do a 1 page report on a specific type of cardiovascular exercise program (Zumba, Insanity, HIIT, etc...). The report would have to include developer, how it effects your cardiovascular system, the target audience, and a copy of the article you used. Make sure to use a credible source (peer reviewed journals, Government agencies, and or fitness certification companies). If you are having trouble locating a credible source please see the instructor.

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% <60 points

Academic 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 accommodations 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.

EQUAL OPPORTUNITY AND NON-DISCRIMINATION: 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 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). For more information on the campus policy regarding sexual misconduct, see: <https://policy.unm.edu/university-policies/2000/2740.html>.

VI. Due Dates

Log 1 -----Due on 01/21/2019

Log 2-----Due on 01/28/2019

Log 3-----Due on 02/04/2019

Log 4-----Due on 02/11/2019

Log 5-----Due on 02/18/2019

Log 6-----Due on 02/25/2019

Log 7-----Due on 03/4/2019

**Log 8-----Due on 03/11/2019 Post
Fitness Assessment-----Due by 03/13/2019**