

**PENP 193-502 Boot Camp Fitness**  
**Summer Semester: June 4<sup>th</sup> – July 28th**  
**T & TR 8:30 AM – 9:45AM**  
**Instructor: Andre Bird**  
**Office Hours: T & TR 11:45 AM – 12:15 PM**  
**Phone: 925-8832**  
**Email: Anbird@unm.edu**

**Required Text:** *None*

**Course Descriptions:** Students will use exercises that mixes traditional calisthenics and body weight exercises with interval and strength training to improve cardiovascular and muscular fitness and endurance. Students will be involved in High Intensity Interval Training (HIIT) used by the military, fire, and police academies. This class is based on preparing students for the rigorous physical demands of the military or other service academies as well as students looking to improve their physical health.

## **Gym Etiquette**

### **NO CELL PHONES**

- Unless used for music while exercising.

### **NO FOOD OR DRINKS IN THE GYM**

- Only closed lid water bottles / shakers allowed
- Bring a water bottle

**WEAR PROPER CLOTHING**– You must wear proper exercise attire i.e. shorts, sweats, t-shirt & athletic footwear.

- **Absolutely No** jeans, cut offs, boots, open toed shoes or attire that is distracting to class.

### **USE COMMON COURTESY**

- Wipe down equipment after use with disinfectant wipe (provided)
- Rack all weights after use. If you use it put it away!!!
- Keep mindful of time on equipment (don't be a bench hog!)
- Use good hygiene
  - Nobody likes smelly people (use deodorant!)

**Course Evaluation:** Attendance is important!! Each class counts for **4 Points**. Attendance begins the first day you enroll/add the class. You will be dropped if you fail to attend the class the first week without contacting the instructor of the reason for your absence. There are 15 classes in the 8 week period. You will need to be in class on time and stay the entire time for full credit. Being late or leaving early, unless approved by the instructor will count

as half an absence. If you miss more than 3 consecutive class without talking to me you may be dropped. I will allow you to make up 2 missed classes. All makeups must be scheduled with me!

**Evaluation is based upon:**

- Attendance / Participation 60 points = 60 %
- Pre-Assessment 10 points = 10 %
- Post-Assessment 10 Points = 10 %
- Exercise Journal 10 points = 10 %
- Class participation/ Effort 15 points = 15 %

**Grade Point Scale**

100-90 = A

89 – 80 = B

79 – 70 = C

69 – 60 = D

≤ 59 = F

**SPECIAL ASSISTANCE:**

Equal Access Services (505) 925-8560, <http://www.unm.edu/~vcadvise/equalaccess.htm> provides academic support to students with disabilities. If you need special assistance with completing coursework, please contact this service and return documented forms to the instructor as soon as possible

**Course Schedule:** I reserve the right to change the course schedule as needed. Any changes will be relayed during class and emailed.

**Academic Dishonesty:**

"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.

UNM Academic Dishonesty policy <https://policy.unm.edu/regents-policies/section-4/4-8.html>

**Academic Support Services:**

For tutoring and other academic support, contact the Learning Center at 925-8900 or [http:// www.unm.edu/~tutor/](http://www.unm.edu/~tutor/)

**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 (see page 15 - <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, 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>.