

Department of Health and Human Performance

ACTivity Class Syllabus



Course:

HHP 173, Section 1 - GROUP FITNESS CLASSES (Fee: \$60 non-member; \$10 - Y member)

Schedule available at the Y Welcome Center. You may participate in classes scheduled on the Group Fitness Class Schedule to receive attendance credit.

HHP 173, Section 3 - AQUACISE (Fee: \$60 non-member; \$10 Y members)

Schedule available at the Y Welcome Center. You may participate in classes scheduled on the Group Fitness Class Schedule to receive attendance credit.

Location: Missoula Family YMCA, 3000 S Russell St

Days and class time: Any scheduled Group Exercise Class (current schedule available at the Y)

Overview: YMCA exercise classes offer a fun, group format where one can learn safe exercise techniques and work on physical fitness.

Objectives: Learn the basics for gaining flexibility and building strength through workout exercises and routines. Acquire the knowledge and ability to perform the exercises and stretches safely and effectively outside of class. Have fun and meet new people!

Requirements (attire, equipment, etc.):

- Attire: Come to every class prepared to play (gym clothes and **indoor-only non-marking court shoes**). Any student unable to participate due to inappropriate attire will be marked absent for the day.
- Check-In: Students must check in at the Welcome Desk at the Y and instructors must sign off on the grade sheet at the end of the exercise class.

Grading/attendance:

A minimum of 22 hours of attendance and participation during the semester is required by each registered student in order to receive a grade of "CR" (credit) in accordance with the contractor's menu schedule of classes. Any registered student that does not participate in the minimum 22 hours of class during the semester will receive a grade of "NCR" (no-credit).

1. Fall 2013 hours must be attended between Monday, August 26th & Friday, December 6th
2. Spring 2014 hours must be attended between Monday, January 27th & Friday, May 9th
If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) the ACTivity Class Director will work with the student to complete a "Petition to Extend Allowed Absences" or assist with class withdrawal. Students should consult their instructor immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at:

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default..php

In case of minor illnesses or other unexpected events that may take place throughout the semester, it is strongly recommended that students plan ahead in order to achieve their 22-hour minimum of attendance and participation early in the semester. Failing to participate in the minimum 22 hours of class during the semester will result in a grade of "NCR" (No-Credit). Due to the large number of ACTivity Classes and limited facility availability we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).

Misconduct: Academic misconduct is subject to an academic penalty by the course instructor, ACTivity Class Director and/or disciplinary sanction by the University of Montana. Academic misconduct is defined as all forms of academic dishonesty. The Student Conduct Code is available on the UM website at:

http://life.umt.edu/vpsa/student_conduct.php

In particular, Student Conduct Code Section IV.a.5 identifies the following violations:

Submitting false information: Knowingly submitting false, altered, or invented information, data, quotations, citations, or documentation in connection with an academic exercise

As this relates to HHP ACTivity Classes, examples of previous Student Conduct Code violations pursued by the HHP Department include, but are not limited to:

- Printing/signing another student's name on an ACTivity Class attendance sheet
- Having another student participate in an ACTivity Class for you and printing/signing your name
- Signing in at the beginning of class and leaving instead of participating
- Forging documents to substantiate special circumstances as noted above

Student Conduct Code Section V.D.2 identifies the following violation:

Faculty members have the independent authority to exclude a student from any class session in which the student displays disruptive behavior that threatens the learning environment or safety and well-being of others in the classroom. The student remains eligible to return to the next class session. The faculty member maintains the authority to remove the student from each class session during which the student is disruptive.

As this relates to HHP ACTivity Classes, any student removed from class for any of the above mentioned reasons will be marked absent for that day.

Safety: Let your instructor know if you have any preexisting injuries or if you're pregnant. Listen to your body and go at your own pace.

Welcome to the YMCA!

A few simple steps will ensure that you receive a passing grade in your activity class this semester. Remember, it is YOUR responsibility to meet the following requirements.

Upon registering, a Sign-In Card and a Program Chart will be filled out. You must stop at the Service Desk and check in each time you visit the Y (your student ID or YMCA membership card is required for admittance). Make sure the staff member working at the Service Desk initials your Sign-In Card. You are also required to check in with the instructor of your program activity. Your Program Chart will be kept in the activity area and must be initialed by the instructor when you complete your activity. Credit will not be given for partial attendance. BOTH the Sign-In Card and the Program Chart are used to record your attendance.

In order to receive a passing grade, you must attend between 22 and 28 times between August 26th and December 6th. You may not attend or receive credit for more than three times each week. YMCA members have unlimited access but will not receive credit for more than three times each week. If you get behind in attendance, you will not be able to make it up at the end of the semester.

- 2 days week = 22 classes 3 days week = 28 classes
- Current Exercise Schedules are available at the Y Welcome Center

Enrollment in this class **DOES NOT** constitute a YMCA membership. Please stop by the Membership Office to inquire about upgrading to a membership for full-facility usage.

- Class schedules are subject to change.
- Auditing of HHP 100 - 179 classes is not permitted.

Group Exercise Class Descriptions

Cycling Classes- Be sure to bring a water bottle to class!

C (Cardio Burst Cycle) This cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music. All terrain ride-flats and hills. Participants are encouraged to work at their own pace—all fitness levels welcome. 45 minutes.

C+ (Cycle Plus)- An extended version of our cycling class. Get ready to ride for 60 minutes.

CC (Cycle & Circuit)- Strength training is included as part of this cycling class.

C&C (Cycle & Core)- 45 Minute Cycle followed by 15 minutes of intense core work.

General Group Exercise Classes

CORE-More than traditional abdominal crunches! Includes planks, back extensor and oblique strengthening exercises.

CS (Cardio Sculpt) - This class keeps you moving as you strengthen & tone.

Fat Burn Interval-An interval style class that combines strength conditioning with cardio movements for a full-body, fat burning work-out. A variety of equipment is used. Great for beginners or experienced participants.

Intro Classes-Learn the fundamentals for Step, AKB, Pilates, Cycling and Yoga which will help prepare you for other classes. (Seasonal)

Metabolic Madness-Calorie burning, progressive strength and CORE exercises to rev up your metabolism and prepare your body for life's challenges.

OULA -Inspiring and super fun dance workout! Oula incorporates fun, easy to follow choreography, and encourages self-expression and freedom of movement.

Low CAL - Low Impact Cardio and Light weights. Great for Pre/Postnatal, Active Older Adults, Low Impact Participants, or those Starting to exercise.

Total Body Fitness Boot Camp-Includes cardio, agility, core strength, balance, and flexibility to develop and energize your body. Focus is on functional training, so your conditioning crosses over into your active, outdoor lifestyle. Great for skiers!

TAZ (Tone and Zone) A combination of strength training and Pilates, this class emphasizes muscular strength, flexibility and relaxation.

TNT (Trim =n Tone) Total body conditioning, this class focuses on muscular strength and conditioning, core strength and flexibility.

Zumba—Latin inspired fitness class with dance moves. High energy and lots of fun. Try it...it will be the most fun workout you'll have all week!

Mind and Body Classes

Yoga—Increase your muscular strength and flexibility, breathe, reduce stress and fine tune your body.

Chi Gong—Keep your body balanced, easy to control, and pain free, while clearing your mind, increasing concentration and reducing stress. *April 28th-June 6th, Registration required

Gentle Yoga—Relax, breathe, stretch, and de-stress at a slow, comfortable pace.

Sunrise Yoga—Start your day off right! This early morning yoga class combines Sun Salutations and challenging strength and flexibility poses.

Flow Yoga—An intense yoga class where practitioners move smoothly from pose to pose with the breath. This class helps improve stamina, strength and flexibility.

Pilates – Core stretching and strengthening exercises created to control breath, concentration and centering. Learn how to initiate energy from the powerhouse (abdomen, low back, hips, and glutes).

Yoga/Pilates Fusion—A yoga class infused with intense core work.

Pilates + take the basic principles off the mat, and add new twists and challenges!

Running Classes

Tuesday Evening Running Class—Speed workout in the great outdoors at Stegner Field (Sentinel Track). Childcare provided on-site at the YMCA Drop-in.

Wednesday/Thursday Morning Running Class— Speed workout on the indoor YMCA track. Class follows the school calendar and is held September to Mid-June.

Deep Water Running— No impact running class in the Y pool.

Senior Classes

Gentle Yoga—Relax, breathe, stretch, and de-stress at a slow, comfortable pace.

Senior Fit—Sitting and standing exercise program. Fun fitness incorporated in a medically sound, low-impact format.

Sit & Be Strong—Simple strength and stretch movements done in and around a chair.

****Current Group Exercise Schedule available at the Y or online at
www.ymcamissoula.org**

**UM STUDENT INFORMATION SHEET
HHP 173**

Welcome to the YMCA! A few simple steps will ensure that you receive a passing grade in your activity class this semester. Please remember, it is **YOUR** responsibility to meet the following requirements. Please read, initial by each number and print and sign your name and date at the bottom of this page.

1. Upon registering, a Sign-In Card and a Program Chart will be filled out. You must stop at the Service Desk and check in each time you visit the Y (your student ID or YMCA membership card is required for admittance). Make sure the staff member working at the Service Desk initials your Sign-In Card. You are also required to check in with the instructor of your program activity. Your Program Chart will be kept in the activity area and must be initialed by the instructor when you complete your activity. Credit will not be given for partial attendance. BOTH the Sign-In Card and the Program Chart are used to record your attendance.
2. **In order to receive a passing grade, you must attend between 22 and 28 times between August 26th and December 6th of 2013. You may not attend or receive credit for more than three times each week.** YMCA members have unlimited access but will not receive credit for more than three times each week. If you get behind in attendance, you will not be able to make it up at the end of the semester.
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 - Schedule available at the Y Welcome Center. You may participate in classes scheduled on the Aqua Fitness Class Schedule to receive attendance credit.
 - Enrollment in this class **DOES NOT** constitute a YMCA membership. Please stop by the Welcome Center to inquire about upgrading to a membership for full-facility usage.
 - Class schedules are subject to change.
 - Auditing of HHP ACTivity classes is not permitted.
 - The Y has the signed copy of this form on file