

**Course:** Beginning Conditioning and Fitness-ACT 106  
**Location:** Fitness & Recreation Center (FRC) Gym 3  
**Days and class time:** 11:10am-12:00pm Monday and Wednesday  
**Instructor:** *Andy Johnson*  
HHP Community Health Graduate Student  
Department of Health & Human Performance  
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**Overview:** ACTivities 106 is oriented towards students with little experience in physical fitness who have a strong desire to begin a fitness program. Beginning Conditioning and Fitness is designed as an introduction to fitness principles and various exercises that could be included in a personal fitness program. A broad spectrum of aspects pertaining to fitness including aerobic and anaerobic activities, flexibility, balance, speed, endurance, and strength will be incorporated through games, exercises and activities.

**Objectives:**

1. Acquire an understanding of basic fitness skills through workouts, games and activities
2. Learn how to use fitness skills and SMART goal-setting to develop a personal fitness plan
3. Improve personal fitness through participating in class activities

**Requirements (attire, equipment, etc.):**

**Griz Card:** All students must have their Griz Card every day to enter the FRC. Any student denied access to the FRC for any reason will be marked absent for the day.

**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.

**Equipment:** Workout equipment will be provided by the FRC facility. Bring a water bottle. A notebook to track your progress and record workouts is suggested but not required.

**Grading/Attendance:** All students are allowed 6 hours of absences during the semester without jeopardizing their credit. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, personal days not recognized by UM, or staying out too late the night before. In other words, **WE DO NOT EXCUSE ABSENCES FOR ANY REASON. It is strongly recommended that students plan ahead and save their 6 hours of allowed absences for minor illnesses or other unexpected events that may occur during the semester.** Missing 7 or more hours 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.).**

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) and cannot complete the minimum participation and attendance requirements, the ACTivity Class Director will assist the student with class withdrawal or work with the student to complete a "Petition to Extend Allowed Absences". Students should consult their instructors 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.umn.edu/departments/hhp/activity\\_classes/petition/default.php](http://coehs.umn.edu/departments/hhp/activity_classes/petition/default.php)

A note from the Curry Health Center or other medical provider that serves as documentation that a student missed class due to a minor illness or routine appointment will NOT be considered an "excused" absence. It is still an absence and will count towards the 6 hours of allowed absences each student receives for the semester. Students cannot petition to extend absences when missing a single ACTivity Class for any reason. Missing a single ACTivity Class will count towards the 6 hours of allowed absences each student receives for the semester.

**Accommodations:**

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H<sup>2</sup>PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; [www.umn.edu/eo](http://www.umn.edu/eo)

**Safety:** Let Andy know if you have any preexisting injuries or if you're pregnant. Immediately report any in-class injuries to Andy. Listen to your body and go at your own pace.

**Semester schedule:** \*\*This schedule is subject to change at Andy's discretion\*\*

- Week 1 Introduction - Grading Policy, syllabus, class rules, fitness concepts, warm up/cool down basics
- Week 2 Goal setting, cardio routines, basic strength training
- Week 3-7 Learn various workouts, games and activities and how they relate to fitness concepts.  
Classes will start with a warm-up followed by stretching, core work and a daily workout or activity  
Workouts will be adjusted throughout the semester as class ability adapts.
- Week 8 Mid-Semester fitness progress and goals assessment
- Week 9-14 Continue building on baseline fitness goals, learn new workouts and activities  
Students will also have free time to work on areas of fitness specific to individual goals  
Workouts will be adjusted as the abilities of the class change.
- Week 15 Final fitness progress and goals assessment, complete personal fitness program plans