COURSE OVERVIEW
This course has been designed to provide students with the opportunity to achieve and maintain personal fitness through jogging and/or walking.

COURSE OBJECTIVES
1. To increase the individual’s strength, flexibility and cardiovascular fitness.
2. To make students aware of general fitness concepts.
3. To introduce various training methods.

GRADING
1. Course is graded Pass/Fail.
2. After THREE (3) absences the students will lose credit and receive an “F” grade.
   • Only 2 make-ups will be allowed each semester. Make-ups are completed by attending any other PE class on campus and getting a signed note from the instructor. The note needs to have the student’s name, class they attended, time the class started, how long the class lasted, and the instructor’s signature. The instructor has the right to not accept any make-ups.
3. Attendance and participation are the primary grading criteria.
4. Non-participation counts as an absence, unless excused. This includes doing something other than the workout assigned by the instructor.
5. After THREE (3) tardies an absence will occur.

ATTIRE
Proper shoes are strongly recommended as a means of reducing injury. Running shoes with arch support are preferred. Please come to class dressed and ready to workout when class starts.

LOCKER RENTAL
Students may rent a locker for the semester, which includes: locker space, towel and lock for $20.00.

OTHER
The $15.00 lab fee covers the use and replacement of equipment as needed

This is a non-competitive class. All participants should work at their own level. If you experience ANY of the following symptoms, please stop your activities and alert your instructor.

**DO NOT SEEK PRIVACY!!**
*Light-headedness/Dizziness *Chest Pain/Tightness *Nausea
*Allergic Reactions *Trouble Breathing *Unusual Fatigue

NOTICE
Students with ADA documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All
accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

Students MUST take the Release Form Quiz on Canvas – BEFORE they can participate!

Syllabus subject to change at instructor’s discretion.