



UNIVERSITY of ROCHESTER
STUDENTS' ASSOCIATION
GOVERNMENT

Meliora Fitness

ARTICLE I - ESTABLISHMENT

We the students, faculty, and staff of the University of Rochester hereby establish Meliora Fitness of the University of Rochester and enact this constitution for its governance. Failure to follow this constitution could result in penalties or revocation of Students' Association recognition of this organization.

ARTICLE II - MISSION STATEMENT

Meliora Fitness at the University of Rochester aims to foster the benefits of fitness through various methodologies (including bodyweight training), by organizing fitness classes, as well as promoting good healthy habits to develop a fit lifestyle. The main objective of the organization is helping students reach their fitness goals, whatever they may be.

In addition to providing opportunities to do physical exercise, Meliora Fitness also aims to provide a social environment for people interested in fitness and working out.

ARTICLE III - MEMBERSHIP

SECTION ONE - MEMBERSHIP

- A. Eligibility - All Students' Association (SA) members shall be eligible for membership. An SA Member is a University of Rochester undergraduate of the College who has paid their SA activities fee. All members and associate members shall be listed on the organization's Campus Community Connection site. Membership is automatically renewed yearly unless the member graduates, requests to cancel their membership, or fails to meet membership requirements.
- B. Definition of active member - An undergraduate student who is registered on Meliora Fitness' CCC page and attends at least half of all the workouts and events each semester.
- C. Definition of associate member - An undergraduate student who is registered on Meliora Fitness' CCC, but doesn't meet the criteria specified by point B. In special circumstances, the President or the e-board, through a valid vote, can promote an associate member to an active member. All University of Rochester faculty, staff, graduate students and Eastman students shall be eligible for associate membership but not eligible to hold an officer position

. Graduate students, faculty, and staff are not eligible to compete nor travel as part of a college student organization.

ARTICLE IV - MEETINGS AND VOTING

SECTION ONE - QUORUM

- A. A meeting shall be valid if a quorum is present. Quorum is defined as at least 1/2 of the organization's active membership and at least 2/3 of the officers.

SECTION TWO - VOTING

- A. Voting on any issue shall be official only if the meeting is valid.
- B. All members shall have equal voting power.
- C. Procedure – All decisions shall be arrived at by simple majority using a hand vote unless otherwise specified by the presiding officer. The President shall only vote to break a tie.

ARTICLE V - OFFICERS AND QUALIFICATIONS

SECTION ONE - OFFICER POSITIONS

All officer positions require the status of active member to qualify to hold a position.

- A. President - Must have experience with a leadership position, must have experience with physical training and have experience coaching fitness or sports to qualify.
- B. Vice-President - Must have experience with a leadership position and must have experience coaching fitness or sports to qualify.
- C. Secretary - Must have been a member for at least a semester and must have good writing and communication skills.
- D. Social Media Manager - Must have expertise with social media and/or advertising.
- E. Business Manager - Must have experience with managing funds in previous organizations, or must have attended or plan to attend the Fall Leadership training for Business Managers.
- F. Assistant Trainer - Must have been a member for at least a semester, and must have been recognized for their effort and involvement in the club by the E-board, and must successfully petition the e-board. Under exceptional circumstances they can be appointed directly by unanimous vote of the E-board.
- G. Trainer - Must have been an Assistant Trainer for at least a semester and must have passed the Meliora Fitness Trainer Qualification. Under exceptional circumstances they can be appointed directly by unanimous vote of the E-board.

SECTION TWO - DUTIES OF OFFICERS

- A. All officers shall be members of the Students' Association.
- B. All officers shall promote active recruitment of new members.
- C. All officers shall enforce this constitution.
- D. All officers shall be responsible for knowing the sections of the Students' Association constitution and bylaws that apply to this organization.

- E. The President shall preside over the meetings and shall maintain organization within the club, communicate with other officers and delegate duties to maintain a functioning club that fulfills the purposes set forth above.
- F. The Vice-President will take over the responsibilities of the President in case the president is absent.
- G. The Business Manager shall be responsible for maintaining all finances and keep detailed records of all transactions.
- H. The Secretary shall be responsible for maintaining a current copy of this constitution open to inspection by all members of this organization, Senators, and all members of the Students' Association.
- I. The Secretary shall also take roll call at all meetings, tally votes, keep an accurate list of organization members and take and maintain meeting minutes.
- J. All Trainers will be responsible to prepare and conduct safe and effective fitness classes for the members.
- K. All Assistant Trainer will be responsible for providing support to trainers in conducting the fitness classes.
- L. All Assistant Trainers, although considered officers, are not required to attend e-board meetings.
- M. Trainers and assistant trainers must be mindful and respectful when interacting with members, especially when it comes to physical contact and comments on physical appearance.
- N. All trainers and assistant trainers must attend at least two weekly training sessions, unless excused.
- O. The Social Media Manager will be responsible for maintaining and creating weekly content for social media pages representing Meliora Fitness.
- P. The Social Media Manager and the Secretary shall be responsible for communicating with members, other student organizations and the public.

SECTION THREE – MALIORA FITNESS TRAINERS QUALIFICATION

All Assistant Trainers wishing to become a Trainer must satisfy the following criteria:

- A. Shall pass a Fitness Test to ensure that they have the appropriate physical conditioning and are capable to comfortably carry out the club's workouts. The Fitness Test consists of three sections, each with several exercises chosen to test a variety of skills. Each exercise is to be performed for 30 seconds. Between the exercises of the same section a maximum resting period of 30 seconds is allowed, while between sections a maximum resting period of 2 minutes is allowed. The Test must be carried out under the examination of the club's officers. The officers shall vote on whether the candidate successfully passed the Test.
 - a. FITNESS TEST
 - i. UPPER BODY x 1 Round
 - 1. Diamond Push Up
 - 2. Tricep Dip/Extensions

3. Shoulder Plank with Feet on Wall
 4. Push Up
 5. Low to High Plank
 6. Snow Angels
 7. Wide Push Up
 8. Shoulder Plank Walk to Pike
- ii. LOWER BODY x 1 Round
 1. Jumping Squats
 2. Lunges
 3. Wall Sit
 4. Single Leg Hip Raises
 5. Static/Marching Bridge
 6. Wide Squat Hold
 7. Lateral Knee Raise to Donkey Kick
 - iii. CORE x 1 Round
 1. Jack Knives
 2. Bicycle Crunches
 3. Oblique Crunches (Right Side)
 4. Oblique Crunches (Left Side)
 5. Plank Circuit (1 Minute 30 Seconds Total)
 - a. Center Plank; Super Set
 - b. Right Side Plank; Super Set
 - c. Left Side Plank
 6. Boat Hold
- b. Shall have a basic understanding of human anatomy and shall know the names of the primary and secondary muscles involved in the exercises of the Fitness Test.
- B. Shall write a fitness routine consistent with the values and standards of Meliora Fitness for revision by the current Trainers. The Trainers will decide if the routine is satisfactory.
 - C. Shall plan and lead a Meliora Fitness training in its entirety. Only if the individual has passed the Fitness Test and wrote a satisfactory workout routine will they lead a training. The current Trainers will be present to decide if the training is led efficiently and successfully.

SECTION FOUR - NOMINATIONS AND ELECTIONS

- A. Nomination and Elections Procedure - Any member wishing to run for an office shall present their nomination at the time specified by the e-board. Any member can also be nominated by any other member. All nominations must be seconded by the nominee. A vote will be taken by secret ballot. A nominee must have an absolute majority of quorum votes to become elected.
- B. Term of Office - All officers must be able to serve one-year terms, unless circumstances arise which prevent the member from returning the next academic year. Elected officers will be expected to transition into their duties a week after their elections.

- C. Timing of Elections - Elections will be in the Fall, during the third week of November.

SECTION FIVE - VACANCIES, RESIGNATIONS, AND REMOVALS

- A. At the first valid meeting following a vacancy of an office, the position is to be filled by the same manner described in Article V, Section Four.
- B. A vote of no confidence is a vote to remove an officer. Such a vote shall require a $\frac{2}{3}$ majority of the entire active membership to pass. Any member of the organization may call for a vote of no confidence.
- C. If a vote of no confidence on any officer is to take place, they must be notified one week in advance.
- D. An office shall be declared vacant as the result of a vote of no confidence.

ARTICLE VI - RESOURCES

SECTION ONE - RESOURCES

- A. The Meliora Fitness of the University of Rochester will abide their Resource Agreement.

ARTICLE VII - HAZING POLICY

Hazing, defined as the harassment of one individual by another individual or organization, is not permitted by the Meliora Fitness. Behavior prohibited under this rule includes actions threatening substantial risk of physical or mental injury; actions exposing the individual to distressing, repulsive, or alarming situations or sensations; forced consumption of alcohol or drugs; actions in the form of social pressure which might cause harm to an individual.


ARTICLE VIII - NONDISCRIMINATION POLICY

The Meliora Fitness abides by the nondiscrimination policy of the University of Rochester.



Signature of Confirmation
Irina Ter-Ovanesyan
President, Meliora Fitness

Date 5/11/2020



Signature of Approval
Genessis Galindo
Chair, Student Organization Administration & Review Committee

Date 4/27/2020