

GEORGE MASON UNIVERSITY
School of Recreation, Health, & Tourism
PHED 175 Fitness Walking DL (1)
Fall 2013

DAYS/TIMES: On Line
INSTRUCTOR: Nancy Jacobson
OFFICE LOCATION: RAC

LOCATION: On Line
EMAIL: njacobs5@gmu.edu
OFFICE HOURS: By appointment

Prerequisites: None

Course description: Introduces students to cardiovascular exercise as it relates to a healthy lifestyle and improved quality of life. Designing, implementing, and evaluating a personal walking plan based on current fitness levels will be covered.

Course Objectives:

By the end of the course students will be able to:

1. Assess their fitness level through 1-mile walk, sit and reach, push up, sit up assessments;
2. Define target heart rate (THR), and heart rate reserve (HRR);
3. Develop and implement a personal walking plan based on assessment of fitness level;
4. Explain how cardiovascular exercise improves quality of life through a healthy lifestyle and disease prevention.

Course requirements: Students are responsible to use the information presented on Blackboard and to record their HR, Speed, Distance, and route and send their instructor a minimum of 3 times a week. Students will be expected to use a heart rate monitor and use applications that can track student's distance, speed, and route like "Mapmywalk" (mapmywalk.com), and be able to directly email that information to the instructor.

Course Overview: Students are required to meet course deadlines each week. Assignments, discussion boards, and blogs are due on Sunday night at midnight or are considered late. Late assignments will be not be accepted

. Assignments, blogs, reading assignments, and discussion boards are found on Blackboard. Assignments will be submitted through Blackboard and will not be accepted by email.

Nature of Course Delivery: Distance Learning

Text/Required Reading: Blaine, Dunn, Marcus, Carpenter, Jaret. (2011). *Active living every day with resources*. (2nd ed.). Human Kinetics.

Course Evaluation: Students will be evaluated on written assignments, exams, and participation. Participation will be graded through direct email of walking program through the "Mapmywalk" application (mapmywalk.com). Grading is done by total points.

- **Participation-** 120 points (3 emails each week X 5 per email. This may change due to class schedule)-Students are required to walk a minimum of three times a week. Students will use the Mapmywalk app to email the results of the walk to the instructor after each walk. There should be a minimum of three emails each week sent on separate days. By the end of the course (8 weeks) students should accumulate 30 minutes of cardio exercise per day.

- **Assignments-**
- Blogs – 40 points (5 points each blog)
- Assignments – 81
 - Fitness assessment – 15 total (5 per assessment)
 - Fitness plan 10 points
 - Fitness plan update-10 points
 - Fitness facility-10 points
 - Video quiz – 16 points
 - Final fitness plan 10 points
 - Discussion Boards 10
- -Students will complete assignments that are either graded or used for their weekly blog. Blogs and responses to classmates blogs are graded assignments.
- **Exam** – 20 points-there is one exam at the end of the course.
- Total points - 261

Grading:

235-261 points = A- to A
 210-234 points = B- to B+
 185-209 points = C- to C+
 160-184 points = D
 Below 159 = F

Tentative Schedule

Week	Lesson	Reading	Assignment
1	Introductions and getting ready	Chapters 1, 2, 3	Discussion board, PAR-Q. Set up Mapmywalk app. Find THR, RHR, HRR, Blog
2	Assess fitness level, SMART goals,	Chapter 4, 5 Internet research	Create SMART goal based on assessment. Create personal walking plan. Blog
3	Tracking success Are you on track to reach your goals?	Chapter 8	Find other ways to track success and how to evaluate personal walking plan. Blog
4	Time management and stress	Chapter 9	Research stress reduction, and personal time management. Blog
5	Mid term evaluation, Flexibility Weight resistance	Chapter 6 & 7	Mid term fitness assessment to include cardio, flexibility, muscular strength, and endurance. Blog. Review and evaluate current walking plan.
6	New Opportunities to exercise, Benefits of exercise	Chapter 10	Visit a fitness facility. Benefits of exercise discussion.
7	Making lasting changes, CV, Diabetes	Chapters 11, 12	CVD, diabetes, high blood pressure quizzes.

High blood pressure

Internet
research

Blog

8 Create follow up walking plan
Final exam

Post assessments. Review and evaluate current walking plan
and create a new plan to continue walking after class ends.
Final Blog. Course Evaluation.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

