

GEORGE MASON UNIVERSITY

School of Recreation, Health, & Tourism

PHED 175 2D1 & 2D3 Fitness Walking DL (1)

Spring 2016

DAY/TIME: Online

LOCATION: NET

PROFESSOR: Ms. Nancy Jacobson

EMAIL ADDRESS: [njacobs5@gmu.edu](mailto:njacobs5@gmu.edu)

OFFICE LOCATION:

PHONE NUMBER: 715 861 4511

OFFICE HOURS: M-Th 11-12am Please call for appointment

PREREQUISITES/COREQUISITES: 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.

**DELIVERY METHOD:**

This course will be delivered online using an **asynchronous** (not “real time”) format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on 19 Jan, 2015.

**TECHNICAL REQUIREMENTS:**

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for PCs and Macs respectively, available for free downloading by clicking on the link next to each plug-in:
  - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
  - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>
  - Apple QuickTime Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

- A headset microphone for use with the Blackboard Collaborate web conferencing tool-(not needed)
- A smart phone or other device to use applications that can track student's distance, speed, and route like "Mapmywalk" (mapmywalk.com), or "Digifit" (digifit.com) and be able to directly email that information to the instructor.
- Heart rate monitor. HR apps are acceptable.

## EXPECTATIONS:

- **Course Week:** Because online courses do not have a "fixed" meeting day, our week will **start** on Monday, and **finish** on Sunday. Some assignments are due during the week. All assignments and walks are due at midnight EST (Virginia time) or they do not receive credit.
- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be 2 times per week. Announcements are posted several times a week.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues. (This includes quizzes and exams).
- **Workload:** Expect to log in to this course **at least three times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines and due dates** listed in the **CLASS SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.

## 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 OVERVIEW**

Students are *required* to meet course deadlines each week. Assignments, discussion boards, and blogs are due on Friday night at midnight EST or are considered late. Late assignments will be not be accepted for credit but must be completed as many assignments are part of another assignment/project. Walks are due on Sunday at midnight EST.

Assignments, blogs, reading assignments, and discussion boards are found on Blackboard.

Assignments will be submitted through Blackboard and will not be accepted by email.

Assignments must be submitted to their proper link and place by the required due date or they will not receive credit. It is the student's responsibility to check grades regularly. Grades will only be adjusted one week after posting i.e. week 2 grades will be adjusted during week 3.

The primary form of communication for this class will be by email. If you need to talk by phone please email me for an appointment. I do not have an on campus office. We can use other forms of communication like Skype, Face Time, or Bb Collaborate.

## **REQUIRED READINGS**

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

## **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) or Digifit app (Digifit.com). Grading is done by total points. Adjustments will be announced in class.

- **Participation-** 105 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 or Digifit app to email the results of the walk to the instructor after each walk. Each walk email must include the HR and the HR must fall into the correct HRR zone calculated by the student. There should be a minimum of three emails each week sent on separate days. By the end of the course (7 weeks) students should accumulate 30 minutes of cardio exercise per day. Only one walk email per day is accepted. Only one walk email a day will receive credit. All walk emails must contain the link to the app, summary of the walk data, HR information, HR in the correct calculated zone, the correct time/distance for the week or the walk will not be accepted for credit.
- **Assignments-**
- Blogs – 30 points (5 points each blog)
- Assignments – 95
- Orientation Quiz - 5 points
- Stages of Change and Time Study – 10 points
- Fitness assessment – 10 total (5 per assessment)
- Fitness plan 10 points-
- Fitness facility-10 points-
- Video quiz – 25 points-
- Final fitness plan 10 points-
- Discussion Boards 15 total-
- Hydration quiz - 5 points-
- Walking technique Quiz - 5 points-

- -Students will complete assignments that are either graded or used for their weekly blog. Blogs and responses to classmates blogs are graded assignments.
- Total points - 264
  - **Students are not excused from walking without a doctor's note.** Students are required to read the Health and Safety information during the first week of class and inform the instructor of situations that may require adjustment in the schedule. By submitting the PAR-Q the student has acknowledge they have read the Health and Safety Information and are healthy enough to participate in this course, create a walking plan, complete assignments as directed.

### Grading Scale %

A = 94–100    B+ = 88–89    C+ = 78–79    D = 60–69

A- = 90– 93    B = 84–87    C = 74–77    F = 0–59

B- = 80–83    C- = 70–73

### TENTATIVE COURSE SCHEDULE.

While some assignments are due on a specific date, blogs posts are due on Friday at midnight and classmate responses are due by Sunday at midnight. Walks can be submitted by Sunday at midnight. All submission are Virginia time (EST). All assignments, walks, blogs, discussion boards must be submitted to the proper assignment area on Bb and contain the proper information to receive credit. Only one walk per day will be accepted. The time and date stamp on the email when it is received is used. Walk emails will not be accepted late.

*Note: Faculty reserves the right to alter the schedule as necessary.*

#### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- 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/policies/responsible-use-of-computing/>].
- 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.

#### *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.