

GEORGE MASON UNIVERSITY: College of Education and Human Development
School of Recreation, Health, & Tourism

RECR 119 DL1 Fitness Walking (1)
Fall 2016 8/29-10/16, Online

Faculty:

Name: Nancy Jacobson

Office Hours: By phone 11am -12pm

Office Phone: Please email

Email: [njacobos5@gmu.edu](mailto:njacbos5@gmu.edu)

Prerequisites: None

Course Description

Introduces students to cardiovascular exercise as it relates to a healthy lifestyle and improved quality of life. Covers design, implementation, and evaluation of a personal walking plan based on current fitness levels.

Course Overview

Students are *required* to meet course deadlines each week. Assignments are due on Sunday at 11:59pm, discussion boards and blogs are due on Friday night at midnight EST or are considered late. Late assignments are not 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. Reminder: this is a fitness walking class.

Walks will be completed in the student's correct heart rate reserve zone to receive credit.

Course 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 one week prior to the beginning of class.

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/
- 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. Fitbits are accepted as long as the student can provide a electronic copy of walk results such as time, distance, pace, heart rate.
- Heart rate monitor

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.
- **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.
- **Instructor Support:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues 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. If you wish to meet by phone please include the phone number you wish to use.
- **Netiquette:** The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you

are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- **Accommodations:** Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner 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.

Required Text:

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- 100 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. Walks must be submitted by 11:59pm Eastern Standard Time. The time stamp used by Gmail.com will be used to determine the time submitted.

- Students walk 10 min. the first week adding 5 minutes a week reaching at least 30 minutes a week by week 6. Week 7 is 30 minutes or more. Students can walk or run. Students create a fitness plan using their heart rate reserve. All walks after week 2 must fall into the HRR zone calculated to be counted. Students send an 3 emails at least 3 times a week with duration of the walk, heart rate, pace, distance. Also send a link to the walk on the emails. The walk email will look something like this:

Workout: Walk

Date: Oct 19, 2015

Distance: 2.30 mi

Duration: 34:03

To view 'Walked 2.30 mi on 10/19/15', follow the link below:

http://www.mapmywalk.com/view_workout?w=1217885349

- **Blogs – 30 points** (5 points each blog)-The student reads different chapters in the text. The text helps the student determine barriers to exercise, how to find time to exercise, increasing

intensity. Students create a blog each week based on these topics as well as recording their progress on their own fitness. Other blog topics include sleep habits, and what they learned during the assignments on chronic diseases.

- **Assignments – 45 points**

- Fitness assessment – 10 points (5 per assessment)-1 mile or 1.5 miles walk/run using the President’s Physical Fitness Assessment.
- Fitness plan – 10 points-Students create a plan for walking and other exercise based on their assessment. One SMART goal and a FITT are needed using their HRR. They can include any fitness component such as flexibility as long as they have a goal relating to their 1 mile walk/run.
- Final fitness plan – 10 points-Students retake the fitness assessment from the beginning of the session. Each student designs a new fitness plan based on their current level of fitness to include any changes in their resting heart rate and heart rate reserve. This plan is to help the students continue with exercise after the class is over. They also evaluate their previous plan so they can make the proper changes to their new plan.
- Discussion Boards – 15 points-This assignment is based on a video for the health benefits of exercise. The students discuss how exercise helps improve health, but also, how exercise has affected their personal health.

Week 1 is about working out the bugs-making sure the mapmywalk app works and students can find the time to exercise. Week 2 is about creating the fitness plan. Week 3-7 is about improving health through walking and technique is important.

- Students will complete assignments that are either graded or used for their weekly blog. Blogs and responses to classmate’s blogs are graded assignments.
- 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	

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. [Additional course or program specific language may be added.]

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:

<http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor->

code/).

Students must follow the university policy for Responsible Use of Computing (see [Template Revision Date: August 2016 4](#))

- Students are responsible for the content of university communications sent to their Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

• *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student. **For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**

TENTATIVE COURSE SCHEDULE

Week	Reading	Activities
1	Chapters 1-3	Discussion board, Par-Q, Set up apps and learn HR monitor, Find THR, RHR, HRR.. 2 short 5 minute walks.
2	Chapter 4-5,	Create SMART goals and Fitness plans, Week 2 walks Internet search must be 10 minutes and in the HRR zone. Blog
3	Chapter 8	Hydration Quiz , Ways to track success, blog Internet search. Week 3 walks must be 15 minutes in HRR zone.
4	Chapter 9	Time Management and Stress reduction Internet search. Walking technique quiz, Blog. Week 4 walks must be 20 min. and in HRR zone.
5	Chapters 6, 7	Flexibility, muscle strength and endurance assessment. Week 5 walks must be at least 25 min. in HRR Zone, Blog

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|---|-------------------|--|
| 6 | Chapter 10,11, 12 | New Opportunities to exercise. Visit fitness facility. Benefits of exercise discussion. Chronic disease quiz. Week 6 walks must be 30 min. in HRR zone. Blog |
| 7 | Review text | Post assessment. Updated walking plan. Final blog. Final quiz. Course evaluation. |

While some assignments are due on a specific date, blogs posts are due on Friday at 11:59pm EST and classmate responses are due by Sunday at 11:59pm EST. Walks can be submitted by Sunday by 11:59pm EST. 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.

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

Name Fitness walking plan rubric

Description

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Goals	0 Points SMART goals do not contain proper information. Missing key elements. Goal is not related to fitness walking. Goals do not reflect changes in fitness.	1 Points SMART goals are missing at least one part of key elements. Goal is related to fitness walking. Goals have been changed to meet to fitness level.	2 Points Goals contain all elements and are related to fitness walking. Goals have been changed to meet new fitness levels.
Review	0 Points Poorly organized. Missing complete review.	1 Points Some what organized, but missing parts of review	2 Points Well organized and easy to read. Contains all parts of the review.
FITT	0 Points Missing key elements. FITT doesn't match goals. FITT has not been changed.	1 Points Missing one or more key elements. over all FITT matches goals. FITT has been altered to some extent but is missing elements.	2 Points All elements of FITT are present and match the SMART goals. FITT has been changed to meet new goals.
HRR calculations	0 Points Missing HRR calculations	1 Points HRR calculations are not correct or are listed properly.	2 Points HRR calculations are correct and present properly
Grammer, punctuations	0 Points Missing correct grammar and punctuation	1 Points Some errors	2 Points Proper grammar and punctuation.



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