

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

**RECR 118 (002) — Aerobics and Basic Conditioning (1)**  
**1 Credit, Spring 2019**  
**M/W 9-1015 am 1/23-3/6 Fairfax/RAC 1200A**

**Faculty**

Professor: Nancy Jacobson  
Email: njacobs5@gmu.edu  
Phone: 703.993.1986  
Office Hours: by appointment

**Prerequisites:** *None*

**University Course Catalog Description:**

Introduces students to fitness and healthy lifestyles. Provides students with an overview of the various types of weight training with an emphasis on circuit weight training.

**Course Overview**

***Athletic attire is required for this class.*** If you do not come prepared you will be marked absent. Appropriate wear should include: t-shirt/sweatshirts, shorts or sweatpants, athletic socks and proper athletic shoes. Jeans and any type of sandal or open-toe shoe are not allowed in the gym or weight room. **Always check Blackboard before coming to class!**

*Please be prepared to participate in activity the first day of class.*

**Cell phones/electrical devices are not permitted in class or on the weight room floor. There is no exception to this rule.**

*Students are required to clean RAC equipment as required by RAC policy.*

**Course Delivery Method:** This course will be delivered using lecture / lab

**Learner Outcomes or Objectives**

This class enables the student to do the following:

1. Maintain a bout of aerobic exercise at a target heart rate of 60-85% of maximum heart rate for at least 20 minutes.
2. Define and calculate target heart rate and determine personal ranges.
3. Design an aerobic fitness plan that meets your current level of aerobic fitness.
4. State and differentiate between at least three different ways to condition the body aerobically.
5. Improve the student's health, wellness, and quality of life, and state at least one personal value of how aerobic conditioning contributes to lifetime fitness.

**Professional Standards** – Not Applicable

**Required Text** – None. Readings will be posted on Blackboard as needed.

**Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

## Assignment and Examinations

- Assignments – To receive credit assignments must be submitted to Blackboard on the **due date** at the beginning of class unless otherwise directed. All other times will result in a “0.”
- Part of this class is hybrid. Students will be directed how to complete exercise on their own.
- Quizzes
  - **2 Written quizzes** 10 points each-Question Multiple Choice **20 points total**
  - **Fitness Assessment** **5 points each**
  - **Target Heart Zone Worksheet** **10 points each**
  - **Aerobic Training Fitness Plan** **10 points each**
  - **Work out log** **2 point per day 28 points**
  - **Attendance** **70 Points**
  - **Total** **148 points**
- **Totals may change based on class schedule. Students will be notified of changes in advance.**

## Other Requirements

1. **Attendance / Lab Exercises** – (5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend, are on time, each day, and participate as scheduled, you’ll receive the full 5 points for that day. **Unexcused absences, late arrivals, and lackadaisical performance** which result in daily point reductions could significantly affect the grade. Assignments are not accepted late. If a student is absent or they add the class after the first day they are responsible for all notes and lecture material. Students who are absent must submit assignments before the class on the day they return to class. Students enroll to class after the first day must speak with the instructor before first day of class to make up work or lecture material on their own. Students who enroll late must submit assignments missed before the next class. All assignments are submitted to Blackboard.
  - a. **Points will be deducted for the following:**
    - i. **Use of electronics in class: phones, head sets, tablets etc.**
    - ii. **Being late to class**
    - iii. **Leaving class early for any reason**
    - iv. **Not participating in class in its entirety.**
    - v. **Not being prepared for class to include proper work out attire and proper footwear.**
    - vi. **Not bringing a writing utensil to class.**
2. **Pre-Existing Conditions** – *Students with injuries / pre-existing conditions that may affect performance must inform the instructor.*
3. Absences are only excused with a doctor’s note submitted immediately upon return to class or scanned and emailed to the instructor. *Doctor’s notes only excuse class participation and do not excuse work out logs, assignments, or quizzes. Quizzes and assignments are submitted to Blackboard and given in advance.*

## Class Information

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Most of the communication will be through GMU e-mail.
3. This class is based on the Surgeon General’s recommendation: As described by the Physical Activity Guidelines for Americans, adults should engage in at least 150 minutes of moderate-intensity activity each week

## Grading Scale

A = 90 – 100	B+ = 88 – 89.9	B = 84 – 87.9	B- = 80 – 83.9
C+ = 78 – 79.9	C- = 70 – 73.9	D = 60 – 69.9	F = 0 – 59.9

## Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

## Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students

DAY	TOPIC	READINGS / ASSIGNMENT DUE
1 1/23	<b>1<sup>st</sup> Mtg in RAC LINN GYM Bleachers Downstairs</b> ; Syllabus and Introduction to Class; Target Heart Zone, Workout Logs –	<b>Bring Syllabus;</b> Fitness Test; Begin Workout Journal
2 1/28	<b>Chronic disease risk factors.</b> Aerobic Activity –	<b>Initial Fitness Eval: Due</b>
3 1/30	<b>Fitness plan;</b> Stretch, Aerobic Activity – Set up mapmywalk or other method of logging exercise	<b>Target Heart Zone (THZ) Worksheet , Fitness plan 1 due</b>
4 2/4	<b>Cardiovascular Endurance;</b> Stretch, Aerobic Activity – 15-Interval training, with 15 minutes steady state	
5 2/6	Stretch & Aerobic Activity -students will participate on one cardio exercise work out on their own. They will record the work out using methods discussed in class.	
6 2/11	<b>Wt Mgt, Nutrition,</b> Stretch & Aerobic Activity – 20 minutes of intervals, 10-15 minutes steady state	Quiz 1 Due
7 2/13	Stretch & Aerobic Activity – <b>Participate in one cardio exercise as directed</b>	
8 2/18	Stretch & Aerobic Activity – <b>25 minutes of intervals, 15 minutes steady state</b>	
9 2/20	Stretch & Aerobic Activity –Participate in one cardio exercise as directed	
10 2/25	Stretch & Aerobic Activity – 20 minutes of intervals, 15 minutes steady state	
11 2/27	Stretch & Aerobic Activity – <b>30 minutes of steady state</b>	<b>Quiz 2 due</b>
12 3/4	Stretch & Aerobic Activity –Final Fitness evaluation	<b>Final Fitness Evaluation</b>
13 3/6	Stretch & Aerobic Activity – Students choice Final quiz due 3/10	<b>Workout logs due</b>

## 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 Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- 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 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 silence all sound emitting devices during class unless otherwise authorized by the instructor.

*Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**

**INITIAL FITNESS EVALUATION & GOAL (1%)**  
**Body Mass Index, Sit-Ups, Sit-and-Reach, & 1.5 Mile Run**

Name: \_\_\_\_\_

Weight: \_\_\_\_\_

Height in inches: \_\_\_\_\_

BMI (Weight x 705 divided by height in inches squared) = \_\_\_\_\_

**Chronic Disease Risk** \_\_\_\_\_ **(see CLASSIFICATIONS BELOW!!)**

Example: 150 Man who is 5'7.5" (67.5") Tall

$$150 \times 705 = 105750 / 67.5^2 (4556.25) = 23.2$$

1 Mile Run \_\_\_\_\_

Sit-ups \_\_\_\_\_ **(Optional)**

Sit-&-Reach \_\_\_\_\_

**YOUR ONE MAJOR GOAL FOR THIS CLASS:**

**BMI CLASSIFICATIONS**

BMI	Chronic Disease Risk	Classification
<20.00	Moderate to Very High	Underweight
20-21.99	Low	Acceptable
22.00-24.99	Very Low	Acceptable
25.00-26.99	Low	Overweight
27.00-29.99	Moderate	Overweight
30.00-39.99	High	Obese

**(THREE-PART, ROM NUM'S I-III) TARGET HEART ZONE (Training Intensity) WORKSHEET (3%)**

NAME \_\_\_\_\_ DATE \_\_\_\_\_ COURSE \_\_\_\_\_

**I. INTENSITY OF EXERCISE**

1. Estimate your own maximal heart rate (MHR)

$$\text{MHR} = 208 \text{ minus } .7 (\text{age}) [\text{ex: } 208 - .7 \times 20 (= 14)] = 194$$

$$\text{MHR} = 208 - \underline{\hspace{2cm}} (.7 \times \text{age}) = \underline{\hspace{2cm}} \text{BPM}$$

2. Resting Heart Rate (RHR) = \_\_\_\_\_ BPM

3. Heart Rate Reserve (HRR) = MHR – RHR

$$\text{HRR} = \frac{\hspace{1cm}}{\text{MHR}} - \frac{\hspace{1cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

4. Training Intensities (TI) = HRR x TI + RHR

$$40\% \text{ TI} = \underline{\hspace{1cm}} (\text{HRR}) \times .40 = \underline{\hspace{1cm}} + \frac{\hspace{1cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

$$50\% \text{ TI} = \underline{\hspace{1cm}} (\text{HRR}) \times .50 = \underline{\hspace{1cm}} + \frac{\hspace{1cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

$$60\% \text{ TI} = \underline{\hspace{1cm}} (\text{HRR}) \times .60 = \underline{\hspace{1cm}} + \frac{\hspace{1cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

$$85\% \text{ TI} = \underline{\hspace{1cm}} (\text{HRR}) \times .85 = \underline{\hspace{1cm}} + \frac{\hspace{1cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

5. *Cardiorespiratory Training Zone (CTZ)*. The optimum CTZ is found between 60% and 85% training intensities. Those individuals who have been physically inactive or are in

poor or fair cardiorespiratory fitness should work between 40% and 50% TI during the first few weeks of an exercise program.

CTZ: \_\_\_\_\_ (60% TI) to \_\_\_\_\_ (85% TI)



