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

RECR 118 (001) — Cardio Conditioning (1)
1 Credit, Fall 2019
T/R 10:30-11:45 am Fairfax Campus RAC 1200 A
8/26-10/13

Faculty
Professor: Nancy Jacobson
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Office Hours: Before and after class

Prerequisites/Corequisites *None*

University Course Catalog Description
Introduces cardiovascular fitness. Provides students with lectures and multiple cardiovascular workouts. Topics discussed include cardiovascular endurance, cardiovascular diseases, body composition, nutrition, and weight management. Teaches the use of cardiovascular equipment and designing a cardiovascular fitness program.

Course Overview
Students will be required to participate in unsupervised cardiovascular workouts. Students are required to track their exercise using an app such as Mapmywalk or other fitness tracker such as a smart watch or Fitbit.

Course Delivery Method

This course is a hybrid course.

Technical Requirements and Considerations

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain 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 course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
    - Adobe Acrobat Reader: https://get.adobe.com/reader/
    - Windows Media Player: https://support.microsoft.com/en-us/help/14209/get-windows-media-player
    - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week: Because synchronous courses do have a "fixed" meeting day, our week will meet on the designated meeting times as per the course schedule. Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- Log-in Frequency:
  Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least [3] times per week. In addition, students must log-in for all scheduled online synchronous meetings.
- Participation:
  Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
  Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
  Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support:
  Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested

dates/times.
- 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 Outcomes or Objectives
This course is designed to enable students to do the following
1. Maintain a bout of cardiovascular exercise at a target heart rate of 60-85% of maximum heart rate for at least 30 minutes.
2. Define and calculate target heart rate and determine personal ranges.
3. Design a cardiovascular fitness plan that meets your current level of cardiovascular fitness.
4. State and differentiate between at least three different ways to condition the body cardiovascularly.
5. Explain how cardiovascular conditioning has contributed to one's lifetime fitness.

Professional Standards
Not Applicable

Required Text
None. Handouts posted on Blackboard

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

- **Assignments and/or Examinations**
  - Participation – (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.
    - Excused Absences – Students are excused from exercise with a doctor's note. Doctor notes must be submitted immediately upon returning to class or the note may be scanned and emailed to the instructor. Students are required to inform the instructor of situations that may require adjustment

in the schedule.
- o Students will submit records for 2 unsupervised work outs each week. 5 points for each unsupervised workout. The supervise work outs will be submitted to Blackboard on non-consecutive days. The work outs will occur on two separate days. Work outs will not count if they are submitted late, are conducted on the same day, or do not meet the requirements for each week.
- o Quiz – importance of cardiovascular exercise, safety (20 points)
- o Assignments - to receive credit assignments must be submitted on the due date unless otherwise directed. Late assignments do not receive credit.
  - ▪ Target heart rate worksheet (5 points)
  - ▪ Fitness plan (10 points)
  - ▪ Final fitness and end of class project (15 points)
  - ▪ Pre and post fitness assessment-1-mile walk/run (5 points each)
- o Points:
  - ▪ Attendance on campus   40 points
  - ▪ Unsupervised work outs   55 points
  - ▪ Quiz   20 points
  - ▪ Assignments   40 points
    - • Total   155 points
- • **Other Requirements**
  - o See Blackboard for guidelines on submitting unsupervised work outs.
  - o Pre-Existing Conditions – Students with injuries / pre-existing conditions that may affect performance must inform the instructor during the first class session or as soon as possible after injury.
  - o Students will meet on campus one day a week for a lecture and supervised exercise.
  - o This hybrid course will be delivered face-to-face (FTF), on selected days, using lecture, and interactive classroom discussions, combined with an online format via Blackboard learning management system housed in MyMason portal. You will log into the Blackboard course site using your Mason email name and email password. The out-of-class individualized, project-based learning assignments are factored in this schedule.
  - o Students may use fitness equipment on campus such as a treadmill, elliptical or bike as long as the student can submit documentation of exercise such as a photo of the equipment monitor after the work out is complete. Students must have a way to measure exercise heart rate for each unsupervised work out such as a heart rate monitor, app, or fitness tracker. The exercise heart rate device on treadmills, ellipticals, and bikes can be used.
  - o Each unsupervised walk will include distance, duration, and heart rate. There must be confirmation submitted to Blackboard. This will be discussed in class.

Grading Scale (%)

A = 90 – 100	B+ = 87 – 89.9	B =83 – 86.9	B- = 80 – 82.9
C+ = 77 – 79.9	C = 73-76.9.	C- =70 – 72.9	
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	Location	Topic of Lecture and In-Class Assignment	Unsupervised Workouts
1- 8/27	On campus	Syllabus, Heart Rate zones, Introduction to fitness equipment	
2- 8/29	On campus	1-mile assessment, workout #1-15 minutes, Fitness plans	Heart rate zones due
3- 9/3	On campus	Fitness plans, workout #2-20minutes	Fitness plan due
4	Unsupervised	Work out #3 and #4	2 work outs each 20 minutes Complete by Sunday.
5-9/10	On campus	Workout #5, Importance of cardio exercise, quiz 1	
6	Unsupervised	Workouts #6 and #7	2 work outs each 25 minutes Complete by Sunday
7-9/17	On campus	Workout #8, Interval training, cardio vs. weight training and reaching your goals.	
8-	Unsupervised	Workouts #9 and #10	2 work outs each 30 minutes Complete by Sunday
9-9/24	On campus	Workout #11, HITT, Designing an individualized fitness plan	
10	Unsupervised	Workouts #12 and #13 each a minimum of 30 minutes	2 work outs each 20 minutes Complete by Sunday
11-10/1	On campus	Workout #14 Circuit training	
12	Unsupervised	Workouts #15 and #16	2 work outs each 20 minutes Complete by Sunday
13-10/8	On campus	Workout #17, 1-mile assessment, Design new fitness plan, course evaluation	
14	Unsupervised	Workout #18, final quiz	

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 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/ **.**