

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 120 004 – Weight Training and Body Conditioning (1)
1 Credit, Fall 2019
T/R 10:30-11:45pm RAC 1001(Linn Gym)-Fairfax Campus
10/14-12/18

Faculty

Name: Nancy Jacobson
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Prerequisites/Corequisites

None

University Catalog Course Description

Introduce 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 method.

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. Fitness apps need prior approval.

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

Course Delivery Method

This course is an activity-based class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Use the equipment appropriately.
2. Explain the purpose of and demonstrate a circuit weight training program.
3. Design a fitness plan that meets their current level of fitness.
4. Develop an appreciation for healthy lifestyles and lifetime fitness by stating what you will do in terms of your personal fitness once you leave this class.

Professional Standards N/A

Required Texts

None: readings will be 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).

- **Assignments and Examinations**

Two quizzes -20 points each (40 points total)

One assignment- 10 points-Fitness plan

Daily work out logs (2 points each x 14 days = 28 points)

Points for these assignments may change with notification.

- **Assignments-** To receive credit assignment **MUST** be handed in on the **due date** at the **beginning of class** unless otherwise directed. Assignments submitted at **other times** will result in a **“0.”** **If a student is absent they are required to submit the assignment on the day they return to class. Student enrolled late have until the next class session to submit assignments due before the student enrolled.**
 - You are expected to attend all class sessions, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be turned in at the beginning of class on the specific date due or **no credit will be given. Assignments sent via email, late or handwritten will not be accepted. All assignments are posted under “Assignments” on Blackboard.**
 - **ABSENCE** – Only a Doctor’s note will excuse an absence or participation. Email or phone call does not excuse an absence. Email regarding absences are appropriate as a courtesy so the instructor can plan the days activities and set aside hand outs and quizzes as needed. Doctor notes must be submitted immediately upon returning to class or scanned and emailed to the instructor immediately.

- **There are no make ups for this class even if the class is excused by a Doctor's note.** If a class is excused with a Dr. note the work out log can not be made up. Credit is given for work outs participated in while in physically in class. Work out logs must be submitted when the class is dismissed for the day. Only the participation points are excused.
- 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. All assignments are submitted to Blackboard.

- **Other Requirements**

Five points will be given each day with a deduction of 1 point for each five-minutes (or part of 5 minute increments) 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** could significantly affect the grade.

The following will result in point deductions:

1. Use of phones, head sets, music players or other electronics during class.
2. Late arrival to class.
3. Leaving class early for any reason.
4. Lack of participation in class. Students are required to remain active for the entire class.
5. Completing work out log incorrectly or not working out in prescribed order.
6. Failure to come to class prepared for example: not in work out attire as required by the RAC rules, not wearing proper work out shoes (athletic shoes are a must), bring a writing instrument to every class, not bringing their work out log to each class.

- **Course Performance Evaluation Weighting**

Written quizzes– 40 points

Attendance / Lab Exercises – 70 points

Assignments 10 points

Daily work out logs 28 points

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.

- **Grading**

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

| Week | Date | Discussion | Assignment |
|------|------|--|--|
| 1 | | Syllabus, Fitness evaluation/Physical Fitness | Fitness Evaluation |
| 2 | | SMART goals, Muscular Strength/Endurance, Circuit Training | SMART goals due |
| 3 | | Muscular Fitness, Anatomy of front | |
| 4 | | Body Composition, Cardio Training vs. Muscular strength and endurance, Tabata Demo | Quiz 1 |
| 5 | | Nutrition, Balls, Bands, Tubing, Anatomy of Back, Nutrition | Nutrition assignment due |
| 6 | | Final assessment, Final fitness plans | Final fitness assessment due, |
| 7 | | Review, Fitness Evaluations, SMART goals | Fitness plan due, work out logs/sheets due, Final quiz due |

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

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://coursesupport.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/> .

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