

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

Aerobics and Basic Conditioning – 79981– RECR 118 - 005

1 Credit Fall 2020

TR 9:00 – 10:15 am, October 13 – November 29

Faculty

Name: Steve Gallagher

Office Hours: By appointment

Office Phone: 339-793-0317

Email Address: sgallag@gmu.edu

Prerequisites/Corequisites

None

University Course Catalog Description

Introduces aerobic fitness. Provides students with lectures and multiple cardiovascular workouts. Covers cardiovascular endurance, cardiovascular diseases, body composition, nutrition, and weight management. Teaches the use of cardiovascular equipment and designing an aerobic fitness program.

Course Overview

Students will be required to participate in one Blackboard Collaborative Ultra/Zoom session on Tuesdays at 9:00 AM, one supervised cardiovascular workout on Thursdays at 9:00 AM and two other unsupervised cardiovascular workouts each week. Students are required to track their exercise sessions preferably using an app such as MapMyRun or other fitness tracker such as a smart watch or Fitbit.

Technical Requirements and Considerations

Technical Requirements

1. To participate in this course, students will need to satisfy the following technical requirements:
2. 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
3. To get a list of supported operation systems on different devices see:
4. https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
5. Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
6. 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.
7. The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
 - a. Adobe Acrobat Reader: <https://get.adobe.com/reader/>

- b. Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
- c. Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

1. Course Week: Because synchronous courses do not 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. Instructor Support: Students may schedule a one-on-one time to discuss course requirements, content or other course-related issues 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.
8. 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.
9. Accommodations: Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Safe Return to Campus Policies and COVID-19 Safety Precautions

For guidance on Safe Return to Campus guidelines and requirements, please refer to the following site:

<https://www2.gmu.edu/safe-return-campus/faqs-for-safe-return>

Specifically, there is to be no congregation of students prior to or after class. Masks are to be worn at all times when exercising at the Recreation Athletic Complex and when not able to maintain social distancing when exercising outside. Please come to the class in appropriate athletic clothing. Maintain social distancing (six to 10 feet) and refrain from any physical contact. Bring a hand sanitizer to clean hands and equipment, as necessary. Wash hands prior to the start of play and as soon as possible after the conclusion of each class and workout. Please remember to bring your own water bottle. Sanitize equipment following use (with provided sanitizer and

towel). Complete the COVID Health Check on a daily basis (and by requirement prior to coming to class and campus. To prevent the potential spread of the COVID-19 virus, it is important for all students to exercise an abundance of caution. You should not come to class when experiencing any of the following conditions.

- Fever of 100.4 degrees Fahrenheit or higher
- Sense of having or getting a fever
- A cough not attributed to another health condition
- Shortness of breath not attributed to another health condition
- Chills not attributed to another health condition
- Sore throat not attributed to another health condition
- A loss of taste or smell not attributed to another health condition
- Muscle aches not attributed to another health condition or physical activity

Learning Outcomes or Objectives

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

At the end of the course each student will be able to:

1. Maintain a bout of aerobic exercise at a target heart rate of 60 – 85% of maximum heart rate for at least 30 minutes.
2. Identify the three basic energy system pathways
3. Define and calculate personal heart rate zones and determine personal target heart rate ranges to meet desired levels of exercise intensity.
4. Design an aerobic fitness plan that meets his/her current level of aerobic fitness.
5. State and differentiate between at least three different ways to condition the body aerobically.
6. Identify at least five health benefits for regular cardiorespiratory exercise.
7. State at least one personal value of how aerobic conditioning contributes to 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).

Participation, Workouts, Assignments and Quizzes

Students are expected to attend all seven scheduled Blackboard Collaborate Ultra/Zoom sessions on Tuesdays and all six scheduled supervised sessions at the Recreation Athletic Complex on Thursdays. Five (5) points will be given for each attended Blackboard Collaborate Ultra/Zoom session and five (5) points for each attended supervised workout. Students will be excused from one Blackboard Collaborate Ultra session with or without a health-care provider note.

Students are expected to submit records for two unsupervised workouts each week. Five (5) points will be given for each submitted unsupervised workout. The unsupervised workouts are to be submitted to Blackboard by the end of the day Sunday each week of the course. The workouts must occur on separate days. Workouts will not count if they are submitted late, are conducted on the same day, or do not meet the requirements for each week. Only three exercise sessions will be excused

during the course regardless if a note is provided or not. If a health care providers note is offered, it must include the dates the student should be excused from physical activity of any kind.

The course will include three quizzes. Each quiz will include 10 questions with one point awarded for each question for a total of 30 points.

The course will include five assignments. To receive credit assignments must be submitted on or before the due date unless otherwise directed. Late assignments do not receive credit. The five assignments and points awarded for each are:

Target heart rate worksheet - Five (5) points

1st Assessment – Five (5) points

Heart Rate Calculations – Five (5) points

Fitness plan – Ten (10) points

Final fitness plan – Ten (10) points

2nd Assessment – Five (5) points

Total Points:

	Points
Attendance Blackboard Collaborate Ultra/Zoom Sessions	30
Attendance Supervised Workouts	30
Unsupervised Workouts	70
Assignments	40
Quizzes	30
Total	200

Other Requirements

1. See Blackboard for guidelines on submitting unsupervised work outs.
2. Pre-Existing Conditions – Students with injuries / pre-existing conditions that may affect performance must inform the instructor at the first session or as soon as possible after injury.
3. 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.
4. Each unsupervised walk, run or ride is to 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+	88 – 89.9
B	84 – 87.9
B-	80 – 83.9
C+	78 – 79.9
C-	70 – 73.9
D	60 – 69.9
F	00 – 59.9

Professional Dispositions

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

Class Schedule

Week 1

1. Class overview (syllabus)
2. Heart rate and workout monitoring devices, apps and services – Map My Walk, Map My Run, Map My Ride, Strava, Training Peaks, Garmin, FitBit
3. Heart rate zone calculations and cardio-fitness assessments
4. ACSM Risk Stratification and classification
5. Physical Activity Readiness Questionnaire (Par Q)
6. Health benefits of regular cardiorespiratory conditioning
7. Energy pathways
8. Heart rate zones
9. Ventilatory and power thresholds
10. RPE
11. Unsupervised workouts/workout records (logs)

Week 2

1. FITT (or FITT-VP) model
2. Equipment usage and safe practices
3. Exercise library
4. Seven basic training principles (Individual Differences, Overcompensation, Overload, Adaptation to Imposed Demands, Use/Disuse, Specificity and General Adaptation System)
5. Dynamic warm-up and post-workout stretching
6. Unsupervised workouts/workout records (logs)

Week 3

1. Unsupervised workouts/workout records (logs)
2. Phases of cardiorespiratory training programming and progression (ACE IFT Model – aerobic-base training, aerobic-efficiency training, anaerobic-endurance training and anaerobic-power training)
3. Phases of movement and resistance training (ACE IFT Model - stability and mobility training, movement training, load training and performance training)
4. SMART goals
5. Interval training and different interval training options
6. Conditioning program design

Week 4

1. Unsupervised workouts/workout records (logs)
2. Weight management and nutrition

Week 5

1. Unsupervised workouts/workout records (logs)
2. Periodization (undulating and linear progressions, macrocycles, mesocycles, and microcycles)
3. Importance of rest and active recovery

Week 6

1. Unsupervised workouts/workout records (logs)
2. Fascial Fitness

Week 7

1. Unsupervised workouts/workout records (logs)
2. Fitness reassessments and evaluations

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

1. Policies
 - a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
 - b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
 - c. 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.
 - d. 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 <https://ds.gmu.edu>).
 - e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.
2. Resources
 - a. Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>.
 - b. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
 - c. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730) or emailing titleix@gmu.edu.
 - d. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>.
 - e. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.