

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**  
**RECR 118 (002) — Aerobics and Basic Conditioning (1)**  
**Fall 2016 10:30-11:45 MW 10/17-12/20**  
**Location: RAC Cage Gym bleachers**

**Faculty:**

Name: Dr Fred Schack  
Office Hours: 1:30-2:30 TR and by appointment  
Office Location: RAC 2108  
Phone: 703.993.8522  
Email: [fschack@gmu.edu](mailto:fschack@gmu.edu)

**Prerequisites:** None

**Course Description:**

Introduces aerobic fitness. Covers cardiovascular endurance, cardiovascular diseases, body composition, nutrition, and weight management. Teaches the use of cardiovascular equipment and designing an aerobic fitness program.

**Course Delivery Method:** Lecture/lab

**Learner Objectives:**

At the completion of this course students should 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 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.

**Required Texts:**

Handouts and videos as listed on page 17

**Evaluation:**

**Written & Practical Exam:**

Written 20% (20-Question Multiple Choice Exam from Lectures 1-3, highlighted addendum on sugar, &

Dropbox video – <https://www.dropbox.com/home?preview=New+Science.VOB> )

**Contract** (last page) – 1%

**Fitness Test & Body Mass Index** [done twice – 1 % each time; (attached on **pg. 6**)] – 2%

**Target Heart Zone Worksheet** (pg. 7-8, possibly 9 depending on your print margins) – 3%

**Aerobic Training Fitness Plan** (Must be TYPED DOUBLE-SPACED; outline on **pg. 10**) – 4%

**Workout Journal** (handout) (2x/week, handed in at the end of the term) – 4%

**Attendance / Lab Exercises** – 65% (10 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. Assuming the total possible points available is 140, your lab exercise score will be the number of points you gained each day divided by 140 and then multiplied by 65%. If there are 13 class periods, then the total is 130 and the math is done the same.) If you attend, are on time, each day, and participate as scheduled, you'll receive the full 10 points for that day.

**Unexcused absences, late arrivals, and lackadaisical performance** could significantly affect the grade.

**Practical Assessment** on aerobic training techniques – **1%**

**Assignments** – To receive credit **MUST** be handed in on the **DUE DATE** at the **beginning of class** unless otherwise directed. All **other times** will result in a **“0.”**

**Absence** – if you're absent, e-m or FAX (993-4425) the assignment **PRIOR TO CLASS** on the day it is due.

### 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

### 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.

### Dress Code / Lecture / Cell Phones

Participants must wear athletic shoes and non-restrictive clothing for all activity classes. Jeans or opened-toed shoes must not be worn on activity days. Unless otherwise indicated, participation will occur after the lectures 2-4.

**Cell Phones** – use during class may result in half day (5 out of 10 point) loss of participation points and could cause your grade to drop a letter grade.

**Professional Dispositions** Students are expected to exhibit professional behaviors and dispositions at all times.

### 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

<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 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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>). Template Revision Date: August 2016 3
- 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**

<b>DAY</b>	<b>TOPIC</b>	<b>READINGS / ASSIGNMENT DUE</b>
1	<b>1<sup>st</sup> Mtg in RAC Gymnasium upstairs; Syllabus and Introduction to Class; Fitness Testing, Target Heart Zone, Workout Journal –</b>	<b>Bring syllabus; Fitness Test; Begin Workout Journal</b>
2	<b>RAC Gymnasium upstairs; Lecture 1: Weight Management, Nutrition, &amp; Environmental Effects on Disease and Aging –</b>	<b>Bring Lecture 1; Contract Due (1%) and Initial Fitness Evaluation: Fitness Test, BMI Due (1%)</b>
3	<b>Meet in RAC Cage Gym Bleachers; Lecture 2: Body Composition &amp; CV Disease; Stretch, WT &amp; Aerobic Activity –</b>	<b>Bring Lecture 2; Target Heart Zone (THZ) Worksheet Due (3%)</b>

<b>DAY</b>	<b>TOPIC</b>	<b>READINGS / ASSIGNMENT DUE</b>
4	<b>Meet in RAC Cage Gym Bleachers Lecture 3: Cardiovascular Endurance;</b> Stretch, WT & Aerobic Activity –	<b>Bring Lecture 3</b>
5	Stretch & Aerobic Activity –	
6	Stretch & Aerobic Activity –	
7	Stretch & Aerobic Activity	
8	Stretch & Aerobic Activity –	
9	Stretch & Aerobic Activity –	
10	Stretch & Aerobic Activity –	
11	Stretch & Aerobic Activity –	<b>Aerobic Training Fitness Plan Due (4%)</b>
12	Stretch & Aerobic Activity – <b>(TUESDAY!!!)</b>	<b>Workout Journal Due (4%)</b>
13	<b>RAC Cage Gym Bleachers FINAL WRITTEN EXAM &amp; FINAL Fitness Evaluation – Sit-&amp;-Reach, Sit-Ups, BMI &amp; 1.5 Mi Run –</b>	<b>Final Fitness Evaluation Due (1%)</b>

#### ASSIGNMENTS

1. **Week 1** – Contract **(1%)** Fitness Evaluation (Sit-&-Reach and 1.5 mi run time) & Initial BMI **Due (1%)**
2. **Week 2** – Target Heart Zone (THZ) Worksheet **Due (3%)**
3. **Week 3** – Aerobic Training Fitness Plan **Due (4%)**
4. **Week 5** – Workout Journal **Due (4%)**
5. **Week 7** – Final Fitness Evaluation **Due (1%)**

