

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

RECR 120 (2) - Weight Training & Body Conditioning (1)
1 Credit, Spring 2017
TR 12-1:15pm / RAC-Fairfax Campus

Faculty

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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

N/A

Course Delivery Method

This course will be delivered using a face-to-face format.

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

Upon completion of this course, students will have met the following professional standards:
N/A

Required Texts

None.

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.

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).

- **Assignments and Examinations-**
 - 1 Written Workout Plan – **10%**
 - Contract – **1%**
 - 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.”** **If a student is absent they are required to submit the assignment on the day they return to class. Late assignments and quizzes will be penalized 50%.**
- **Other Requirements**
Unexcused absences, late arrivals, and less than enthusiastic performance will significantly affect final grade.

Attendance – Only a note from a medical doctor 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 day’s activities and set aside hand-outs and quizzes as needed.

- **Course Performance Evaluation Weighting**
 - 1 Written Workout Plan – **10%**
 - Contract – **1%**
 - Workout Log (done twice/week, handed in at the end of the term) – **4%**
 - Attendance / Lab Exercises – **85%** (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 85%. 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 your grade.

• **Grading Policies %**

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

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. Please always arrive prepared to participate every class.

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 always.

Course Schedule

DAY	TOPIC	READINGS / ASSIGNMENT DUE
1	Introduction to Class – Syllabus / Weight Training Stations / Workout Log – March 21	
2	Discussion & Workout- Stretch, Lift, & Cardio – March 23	
3	Discussion & Workout- Stretch, Lift, & Cardio – March 28	Bring syllabus w/ you. Begin Workout Journal
4	Discussion & Workout- Stretch, Lift, & Cardio – March 30	Contract (1%)
5	Discussion & Workout- Stretch, Lift, & Cardio – April 4	
6	Discussion & Workout- Stretch, Lift, & Cardio – April 6	
7	Discussion & Workout- Stretch, Lift, & Cardio – April 11	
8	Discussion & Workout- Stretch, Lift, & Cardio – April 13	
9	Discussion & Workout- Stretch, Lift & Cardio – April 18	
10	Discussion & Workout- Stretch, Lift & Cardio – April 20	

11	Discussion & Workout – Stretch, Lift, & Cardio – April 25	
12	Discussion & Workout – Stretch, Lift, & Cardio – April 27	
13	Discussion & Workout – Stretch, Lift, & Cardio – May 2	
14	FINAL Workout Plan and Workout Log Due- May 4	

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 <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 or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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/>.

Class Schedule

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Assessment Rubric(s)

N/A

General Workout Guidelines

Aerobic Workouts –

Length: 20-30 minutes for general cardiovascular and health benefits

Frequency: Most days of the week

General Format for an Aerobic Session

- Warm-up: 5 minutes
 - HR/RPE: Minute 3= /
 - HR/RPE: Minute 5= /
- Work: 10-20 minutes @ 60-85% Training Zone
 - Steady State Training: Maintain a constant pace/intensity to attain desired HR/RPE
 - Interval Training: Use two (2) different levels of intensity/pace (Rest vs. Work) to average desired HR/RPE
 - Progressive Training: Use 3 or more levels of progressing pace/intensity to attain desired HR/RPE
- Cool down: 3-5 minutes

Weight Training Workouts-

Length: 20-40 minutes for general muscle strength, endurance and tone.

Frequency: 2-4 days of the week

1. Set the weight to 1/3 of what you “believe” you can lift no more than 6 times.

2. Make sure you are in the correct position.
3. Finish your reps using a smooth and consistent rhythm without using momentum.
4. Allow the weight to come back slower than when you lifted it and do not allow the weight to “slam” into or “bounce” off the weight stack.
5. Partner should encourage and coach to keep the weight under control to complete reps while maintaining a full range-of-motion and maintaining proper body alignment or posture; partner should **Assist** as necessary.

Basic Anatomy of a Weight Training Session

Warm-Up and Stretch/Alignment –

Cardio (5 min)

Stretch/Align (5 min)

Lower Body

Squat - Quadriceps and Glutes

- Quad Stretch

Leg/Hamstring Curl - Hamstrings

- Hamstring Stretch

Hip Abduction/Adduction- Groin and Glutes

- Inner and Outer Thigh Stretch

Calf Raise -Gastrocnemius and Soleus

- Calf Stretch

Back Extension- Paraspinals and Glutes

- Low Back Stretch

Lat Pull-Down- Latissimus Dorsi, Trapezius, Rhomboids and Biceps

- Lat Stretch

Upper Body

Chest Press- Pectoral Maximus, Deltoids and Triceps

- Chest Stretch

Shoulder Press - Deltoids and Triceps

- Shoulder Stretch

Row- Rhomboids, Rear Deltoids and Biceps

- Upper Back Stretch

Bicep Curl- Biceps

- Bicep Stretch

Tricep Extension- Triceps

- Tricep Stretch

Abdominals- Abdominis Rectus, Hip Flexors and Obliques

- Abdominal Stretch

STRETCHING- Between Weight Training Sets

1. Remember to stretch during your workout between each training set.
2. Stretch the same muscle group of the set just completed; holding each stretch for 20-30 seconds.

AEROBIC WORK - Post Weight Training

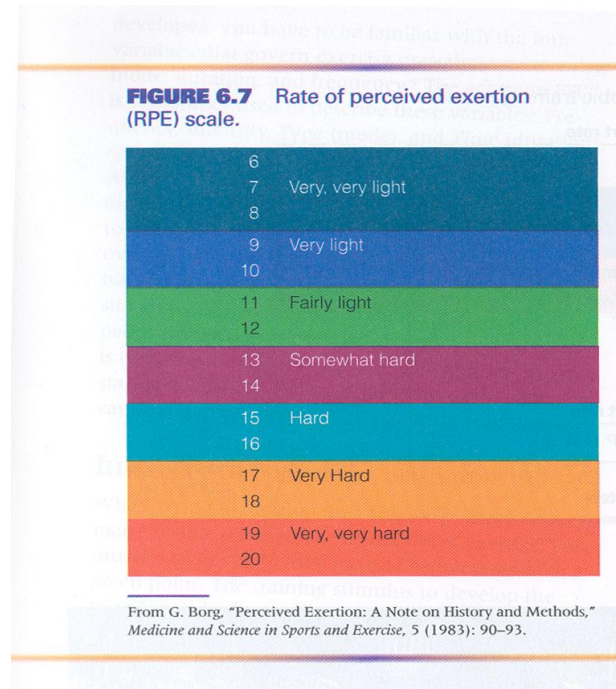
1. When you're done weight training, do 10-15" minutes of cardiovascular work using any of the following: jog (inside and/or outside), stationary bike, recumbent bike, stepper, elliptical, treadmill, or a combination of any of these.

2. After your post-training, aerobic work stretch your quadriceps, hamstrings, hip-flexors and calves; holding each stretch for 20-30 seconds; repeating each stretch twice.

Rate of Perceived Exertion (PE)

This is how you *feel* about your activity at the time you finish. There is no right or wrong, it's basically your inner perception of the zone/task you are in with the phrases given on the scale. You then may exercise at that rate of perceived exertion.

Make sure to cross-check your actual TZ with your PE during the first weeks of your exercise program. After several weeks of this, you should be able to predict your exercise HR by your PE of exercise intensity.



Heart Rate Training Zone (HRTZ)

60-85% Age Predicted Max HR

$$(220 (-) \text{ Age}) \times .60 = 60\% \text{ Age Predicted Max HR}$$

$$(220 (-) \text{ Age}) \times .85 = 85\% \text{ Age Predicted Max HR}$$

Final Workout Plan

Due – May 4

GENERAL. Please note that this is a *P-L-A-N* for **future use**, not what will occur by the end of this class, but what you would do to continue your fitness activity that you could use and/or share with friends and family should they want to improve their health and fitness

This plan should be one that you develop using information gathered in this class as well as any other outside sources (health related information) that would help you stay fit for the rest of your life. It should consider your goals and resources available.

You may choose any form of aerobic training, but remember it should be continuous, rhythmical, and last at least 20 minutes or more. The heart rate should get up to at least 40% Training Intensity and allow you to progress to 60-85% by the end of your chosen time block.

There will be other components to assist this plan that are not necessarily fitness oriented, but *health* related, that will improve your body's health and that can have a significant effect on your fitness. Some of those are indicated below.

The plan **MUST** be at least 1.5 pages in length, **TYPED**, (handwritten assignment will receive a "0"), contain the following and be **DOUBLE SPACED** (if not double-spaced you can only receive 60%), but may contain more.

(1Pt.) CURRENT STATE OF FITNESS? Explain where you are and how long you have been there.

(2Pts.) GOAL(S)? What goal or goals do you have that you would like to see met by the end of a particular block of time (your choice)? These may include, but not be limited to, weight loss, ability to lift more weight and/or more repetitions at lower weights, to last longer on walks, runs, and hikes; fat loss (which may occur without weight loss), stress reducing activities, etc.

(4Pts.) LIST OF EXERCISES, SETS, REPS, REST. State the exercise that are reasonable for you to do. State how you would monitor these aerobic and weight training activities if you needed to do so for medical reasons, i.e. your physician wants to know about your physical activity program.

(1Pt.) RECORD YOUR TRAINING INTENSITY (TI) AND Heart Rate (HR). State your RPE and what your most recent work level had been before. How do you plan on altering your training intensity as time passes?

(2Pts.) OTHER? Besides weight training activity, you should consider other lifestyle choices that can affect your fitness level, such as diet, rest, and stress management. Please be aware that when you consider diet, this doesn't necessarily mean calorie restriction, but maybe making better choices in the food that you eat. In some cases you may eat more and lose more, especially if you choose higher fiber foods and eliminate some of the simple sugar choices such as sodas and fruit juices.

This section could include anything else that will help with your overall health, i.e. relationships with friends tend to decrease your resistance because you're staying up late and you do not "feel" like exercising.

CONTRACT

**I HAVE READ AND UNDERSTAND THE
ASSIGNMENTS, DUE DATES, AND GRADING**

Print Name

Signature

Date