

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

**RECR 120(A01) — Aerobics and Basic Conditioning (1)**  
**1 Credit, Summer 2018**  
**MTWR 1230-145**  
**5/21 – 6/23 RAC Meet in Lobby - Fairfax Campus**

**Faculty**

Professor: Nancy Jacobson  
Office Hours: TR 12-1215 & before and after class  
Office Location: Before and After Class  
Phone: 703.993.1986  
Email: [njacobs5@gmu.edu](mailto:njacobs5@gmu.edu)

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

**Course Delivery Method**

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

**Learner Outcomes or Objectives**

At the completion of this course students should be able to:

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**

## 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**
  - Two quizzes -20 points each ( 40 points total)**
  - One assignments – 10 points-Fitness plan**
  - Daily work out logs (2 points each x 14 days = 28 points)**
- **Assignments-** To receive credit **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.**
  - You are expected to attend all class sections, 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 Dr 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.
- **Other Requirements**

Five 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** could significantly affect the grade.
- **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 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

### 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.

**Cell Phones** – use during class may result in half-day loss of participation points and possibly a lower course grade.

**Pre-Existing Conditions** – *Students with injuries / pre-existing conditions that may affect performance must inform the instructor.*

### Professional Dispositions

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

### Class Schedule

DAY	TOPIC	READINGS / ASSIGNMENT DUE
1	Syllabus and Introduction to Class; Target Heart Zone, Workout Journal	<b>Bring syllabus;</b> Fitness Test; Begin Workout Journal
2	<b>Lecture 1 –SMART Goals, General Rules of Fitness</b> Stretch, WT & Aerobic Activity –	<b>Initial Fitness Evaluation: Fitness Test, BMI Due.</b>
3	<b>Lecture 2: Flexibility, Muscle Strength, &amp; Muscle Endurance</b>	<b>SMART Goals due</b>
4	<b>Lecture 3: Cardiovascular Endurance;</b> Stretch, WT & Aerobic Activity –	<b>Tabata Demo</b>
5	Lecture 4: Body Composition Stretch, WT & Aerobic Activity –	Quiz 1
6	Lecture 5: Nutrition Stretch, WT & Aerobic Activity –	Circuit Training Demo
7	Stretch, WT & Aerobic Activity –	
8	Stretch, WT & Aerobic Activity –	Exercise tubing, Physio Balls Demo
9	Stretch, WT & Aerobic Activity –	Quiz 2
10	Stretch, WT & Aerobic Activity –	
11	Stretch, WT & Aerobic Activity –	<b>Post fitness assessments</b>
12	Stretch, WT & Aerobic Activity –	<b>Workout Journal Due</b>
13	<b>Final Fitness plan</b>	<b>Final Fitness Evaluation Due</b>

### 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/>.

### 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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://courseessupport.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/> .**

**INITIAL FITNESS EVALUATION & GOAL**  
**Body Mass Index, Sit-Ups, Sit-and-Reach, & 1.5 Mile Run**

Name: \_\_\_\_\_

Weight: \_\_\_\_\_

Height in inches: \_\_\_\_\_

BMI (Weight x 705 divided by height in inches squared) = \_\_\_\_\_

**Chronic Disease Risk** \_\_\_\_\_ (see CLASSIFICATIONS BELOW!!)

Example: 150 Man who is 5'7.5" (67.5") Tall

$$150 \times 705 = 105750 / 67.5^2 (4556.25) = 23.2$$

1.5 Mile Run \_\_\_\_\_

Sit-ups \_\_\_\_\_

Sit-&-Reach \_\_\_\_\_

**YOUR ONE MAJOR GOAL FOR THIS CLASS:**

**FINAL FITNESS EVALUATION & GOAL**  
**Body Mass Index, Sit-Ups, Sit-and-Reach, & 1.5 Mile Run**

Name: \_\_\_\_\_

Weight: \_\_\_\_\_

Height in inches: \_\_\_\_\_

BMI (Weight x 705 divided by height in inches squared) = \_\_\_\_\_

**Chronic Disease Risk:** \_\_\_\_\_ (see CLASSIFICATIONS BELOW!!)

1.5 Mile Run \_\_\_\_\_

Sit-ups \_\_\_\_\_

Sit-&-Reach \_\_\_\_\_

**WAS YOUR MAJOR GOAL ACCOMPLISHED?:**

**BMI CLASSIFICATIONS**

BMI	Chronic Disease Risk	Classification
<20.00	Moderate to Very High	Underweight
20-21.99	Low	Acceptable
22.00-24.99	Very Low	Acceptable
25.00-26.99	Low	Overweight
27.00-29.99	Moderate	Overweight
30.00-39.99	High	Obese

(TARGET HEART ZONE (Training Intensity) WORKSHEET

NAME \_\_\_\_\_ DATE \_\_\_\_\_ COURSE \_\_\_\_\_

**I. INTENSITY OF EXERCISE**

1. Estimate your own maximal heart rate (MHR)

$$\text{MHR} = 208 \text{ minus } .7 (\text{age}) [\text{ex: } 208 - .7 \times 20 (= 14)] = 194$$

$$\text{MHR} = 208 - \underline{\hspace{2cm}} (.7 \times \text{age}) = \underline{\hspace{2cm}} \text{BPM}$$

2. Resting Heart Rate (RHR) = \_\_\_\_\_ BPM

3. Heart Rate Reserve (HRR) = MHR - RHR

$$\text{HRR} = \frac{\hspace{2cm}}{\text{MHR}} - \frac{\hspace{2cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

4. Training Intensities (TI) = HRR x TI + RHR

$$40\% \text{ TI} = \underline{\hspace{2cm}} (\text{HRR}) \times .40 = \underline{\hspace{2cm}} + \frac{\hspace{2cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

$$50\% \text{ TI} = \underline{\hspace{2cm}} (\text{HRR}) \times .50 = \underline{\hspace{2cm}} + \frac{\hspace{2cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

$$60\% \text{ TI} = \underline{\hspace{2cm}} (\text{HRR}) \times .60 = \underline{\hspace{2cm}} + \frac{\hspace{2cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

$$85\% \text{ TI} = \underline{\hspace{2cm}} (\text{HRR}) \times .85 = \underline{\hspace{2cm}} + \frac{\hspace{2cm}}{\text{RHR}} = \underline{\hspace{2cm}} \text{BPM}$$

5. Cardiorespiratory Training Zone (CTZ). The optimum CTZ is found between 60% and 85% training intensities. Those individuals who have been physically inactive or are in poor or fair cardiorespiratory fitness should work between 40% and 50% TI during the first few weeks of an exercise program.

CTZ: \_\_\_\_\_ (60% TI) to \_\_\_\_\_ (85% TI)

