RECR 119 A01 Fitness Walking (1)
1 Credit Summer 2019
5/20-6/22 Online

Faculty:
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Prerequisites: None

Course Description
Introduces students to cardiovascular exercise as it relates to a healthy lifestyle and improved quality of life. Covers design, implementation, and evaluation of a personal walking plan based on current fitness levels.

Course Overview
Students are _required_ to meet course deadlines each week. Assignments are due on Sunday at 11:59 pm, discussion board are due on Friday night at midnight EST or are considered late. Late assignments are not accepted for credit. This is a fitness walking class. Walks will be completed in the student's correct heart rate reserve zone to receive credit.

Course Delivery Method:
This course will be delivered online using an **asynchronous** (not "real time") format via the Blackboard Learning Management System (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before "@masonlive.gmu.edu) and email password. The course site will be available one week prior to the beginning of class.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements**:**
To participate in this course, students will need the following resources:
- 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

To get a list of supported operation systems on different devices see:
- https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- Consistent and reliable access to their GMU email and Blackboard, as these are the official

methods of communication for this course

- 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 the course requirements.
- The following software plug-ins for Pcs and Macs respectively, available for free downloading by clicking on the link next to each plug-in:
  - Adobe Acrobat Reader: http://get.adobe.com/reader/
  - Windows Media Player: http://windows.microsoft.com/en-US/windows/downloads/windows-media- player

  Apple QuickTime Player: www.apple.com/quicktime/download/
- A smart phone or other device to use applications that can track student's distance, speed, and route like "Mapmywalk" (mapmywalk.com), or similar app, and be able to directly email that information to the instructor. Fitbits and smart watches are accepted as long as the student can provide an electronic copy of walk results such as time, duration, heart rate.
- Heart rate monitor or reliable way to track heart rate. Students may not manually track heart rate during exercise. There are many apps that track heart rate. Students may choose one.

Expectations:

- Course Week**:** Because online courses do not have a "fixed" meeting day, our week will **start** on Monday, and **finish** on Sunday. Only one walk email a day is accepted for credit. All assignments and walks are due at midnight EST (Virginia time) or they do not receive credit. The time and date stamp on Gmail is used for walk emails.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be a minimum of 3 times per week.
- Participation: Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence: Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- Technical Issues: Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues. (This includes quizzes and exams).
- Workload: Expect to log in to this course **at least three times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **CLASS SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support**:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues we can meet via telephone or web

conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggesteddates/times. If you wish to meet by phone please include the phone number you wish to use.

- • 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.
- • Accommodations: Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Objectives:
By the end of the course students will be able to:
1. Assess their fitness level through 1-mile walk/run assessment.
2. Define target heart rate (THR), and heart rate reserve (HRR);
3. Develop and implement a personal walking plan based on assessment of fitness level;
4. Explain how cardiovascular exercise improves quality of life through a healthy lifestyle and disease prevention.

Professional Standards: N/A

Required Text:
None
Reading material is assigned from the internet.

Course Performance Evaluation
Students are expected to submit all assignments on time in the manner outlined by the instructor.
Assignments may not be emailed and must be submitted to the proper place on Blackboard to receive credit.

Students will be evaluated on written assignments, exams, and participation. Participation will be graded through direct email of walking program through the "Mapmywalk "application (mapmywalk.com), asimilar app, or other smart device. Grading is done by total points. Adjustments will be announced in class.

- • **Participation- 75 points** (3 emails each week X 5 per email. This may change due to class schedule)- (3 emails each week X 5 per email. This may change due to class schedule)-Students are required to walk a minimum of three times a week. Students can use the Mapmywalk app, a Dsimilar app, or smart device to email the results of the walk to the instructor after each walk. Please contact instructor for information regarding Smart watches or Fitbits. Each walk email must include the exercise heart rate (HR) with exercise HR falling into the correct heart rate reserve (HRR) zone calculated by the student. There should be a minimum of three emails each week sent on separate days. The emails should correspond to the date on the confirmation link date. By the end of the course (7 weeks) students should accumulate 30 minutes of cardio exercise per day. Only one walk email per day is accepted. Only one walk email a day will receive credit. All walk emails must contain the link to the app, summary of the walk data, HR

information, HR in the correct calculated zone, the correct duration/distance for the week or the walk will not be accepted for credit. Students must have three walks submitted by Sunday 11:59 pm EST. The time stamp used by Gmail.com will be used to determine the time submitted.

- - Students walk 10 min. the first week adding 5 minutes a week reaching at least 30 minutes a week by week 5. Students can walk or run. Students create a fitness plan using their heart rate reserve. All walks after week 1 must fall into the calculated HRR zone to be counted. Students send 3 emails on three separate days with duration of the walk, heart rate, distance. Also send a link to the walk on the emails. The body of the walk email will look something like this if the student is using the mapmywalk app:

    Workout: Walk
    Date: Oct 19, 2015
    Distance: 2.30 mi
    Duration: 34:03

    To view 'Walked 2.30 mi on 10/19/15', follow the link below:
    http://www.mapmywalk.com/view_workout?w=1217885349
    More information is included in week 1 directions.

- **Discussions– 20 points** Discussions are based on the assigned readings and fitness plan information. The readings help the student determine barriers to exercise, how to find time to exercise, increasing intensity etc. Students create a discussion each week based on these topics as well as recording their progress on their own fitness. Other blog topics may include sleep habits, and what they learned during the assignments on chronic diseases.
- **Assignments – 50 points**
    - Fitness assessments – 10 points (5 per assessment)-1 mile
    - PAR-Q 5 points
    - THR, RHR, HRR calculations – 5 points
    - Fitness plan – 10 points-Students create a plan for walking and other exercise based on their assessment. One SMART goal and a FITT are needed using their HRR. They can include any fitness component such as flexibility as long as they have a goal relating to their 1- mile walk/run.
    - Final fitness plan – 10 points-Students retake the fitness assessment from the beginning of the session. Each student designs a new fitness plan based on their current level of fitness to include any changes in their resting heart rate and heart rate reserve. This plan is to help the students continue with exercise after the class is over. They also evaluate their previous plan so they can make the proper changes to their new plan.

    - Students will complete assignments that are either graded or used for their weekly discussion. Discussions and responses to classmate's posts are graded assignments.
    - Students are not excused from walking without a doctor's note. Students are required to read the Health and Safety information during the first week of class and inform the instructor of situations that may require adjustment in the schedule. By submitting the PAR-Q the student has acknowledge they have read the Health and Safety Information and are healthy enough to participate in this course, create a walking plan, and complete assignments as directed.

Grading Scale %

A	= 94 – 100	B+	= 88 – 89	C+	= 78 – 79	D	= 60 – 69

A-	= 90 – 93		B	= 84 – 87		C	= 74 – 77		F	= 0 – 59
			B-	= 80 – 83		C-	= 70 – 73			

Professional Dispositions

See https://cehd.gmu.edu/students/polices-procedures/
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Tentative Course Schedule
Note: Faculty reserves the right to alter the schedule as necessary with notification to students.

Week	Date	Walk	Activities	
1	May 20-26	3 10-min. walks	PAR-Q summary, 1-mile walk assessment, Set up Mapmywalk/Learn HR monitor, Create SMART goals and Fitness/Walking plan, Find THR, RHR, HRR. Student Introductions discussion	**Sun., 26 May** Initial Post: **5/24** Responses to others: **Sun.5/26**
2	May 27-June 2	3 15-min. walks in the calculated HRR zone.	Discussion	Initial Post: **Fri. May 31** Responses to others: **Sun., 6/2**
3	June 3-9	3 20-min. walks in the calculated HRR zone.	Discussion	Initial Post:: **Friday, 6/7** Responses to others: **Sun., 6/9**
4	June 10-16	3 25-min walks in the calculated HRR zone.	Benefits of exercise discussion.	Initial Post: **Fri. 6/14** Responses to others: **Sun., 6/16**
5	June 17-22	3 30-min. walks in the calculated HRR zone.	Fitness Assessment, Updated Fitness/Walking plan.	**Sat., 6/22**

The official Mason calendar states the last day of Summer Session A is Saturday 6/23.

While some assignments are due by Sunday at 11:59 pm, discussion posts are due Friday at 11:59 pm and classmate responses are due by Sunday at 11:59 pm. Only one walk is accepted for credit per day. The final day to submit a walk is Sunday at 11:59 pm.   All submission are Virginia time (EST).
  All assignments, walks, blogs, discussion boards must be submitted to the proper assignment area on Bb and contain the proper information to receive credit.

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://coursessupport.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/ .**