

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

RECR 120 007 – Weight Training and Body Conditioning (1)
1 Credit, Fall 2021
TR 9:00-10:15 am, RAC 1200B (Lobby) Fairfax Campus
10/11-11/27

Faculty Information

Name: Lauren Biscardi
Office hours: By appointment before and after class
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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

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!**

Personal health protection is required in the RAC at all times. We will continue to follow University and RAC guidelines regarding mask policy (<https://recreation.gmu.edu/returnplan-2/>). Currently, students **must** wear a face mask at all times. The RAC will check that everyone entering the building has successfully completed the University mandated screening. Please arrive early to make it to class on time. Complete the survey before arriving. Students should wash their hands before and after class. Hand sanitizer is available throughout the facility. Students should use it regularly. Disinfecting the equipment is mandatory immediately after use. More procedures may be required and will be shared with students as they become available.

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. Fitness apps need prior approval.

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

Course Delivery Method

This course is an activity-based class

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

Required Texts

None. Readings will be 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).

- **Assignments:** To receive credit assignments **MUST** be submitted 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. Students enrolled late have until the next class session to submit assignments that were due before the student enrolled.
 1. **Fitness Plan Assignments:** Over the course of the semester, students will design a fitness plan that meets their current level of fitness and is guided by their individualized SMART goals. The first assignment submission is a fitness plan outline worth 10 points. The second assignment is the final fitness plan submission worth 20 points. Further instructions for these assignments will be posted on Blackboard.
 2. **Fitness Assessments:** Two fitness assessments will be completed in this course. Each fitness assessment is worth 5 points. Further instructions for these assessments will be discussed in class and posted on Blackboard
- **Quizzes:** You will complete two multiple choice quizzes in this course. Each quiz is worth 20 points each. Quizzes will be posted on blackboard and must be submitted prior to the posted deadline to receive credit. Quiz 1 will cover topics from weeks 1-3. Quiz 2 will cover topics from weeks 4-6.
- **Daily Workout Logs:** You will complete daily workout logs as part of your class assignments. It is your responsibility to keep track of these workout logs throughout the semester. Workout logs are worth 2 points each for each class meeting. You will be required to submit workout logs at the end of each class period, and turn in all workout logs at the end of the semester.
- **Attendance & Participation:** Five points will be given each day with a deduction of 1 point for each five-minutes (or part of 5-minute increments) 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. The following will result in point deductions:

1. Use of phones, headsets, music players or other electronics during class.
2. Late arrival to class.
3. Leaving class early for any reason.
4. Lack of participation in class. Students are required to remain active for the entire class. Students will only participate in weight resistance activity unless approved by instructor.
5. Completing work out log incorrectly or not working out in prescribed order.
6. Failure to come to class prepared for example: not in work out attire as required by the RAC rules, not wearing proper work out shoes (athletic shoes are a must), bring a writing instrument to every class, not bringing their work out log to each class.
7. Masks are required in the RAC.
8. Class will meet at the RAC in the lobby area with the instructor prior to entering the fitness area for hands-on activities.

****Points for these assignments may change with notification.**

Additional Requirements and Expectations:

1. You are expected to attend all class sessions, 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.
2. ABSENCE – Only a doctor’s note will excuse an absence or participation. Email or phone call does not excuse an absence. Emails 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.
3. There are no make ups for this class even if the class is excused by a doctor’s note. If a class is excused with a doctor’s note the work out log cannot be made up. Credit is given for workouts participated in while physically in class. Workout logs must be submitted when the class is dismissed for the day. Only the participation points are excused.
4. If a student is late, absent, or they add the class after the first day they are responsible for all announcements, notes, and lecture material. Students who are absent must submit assignments before the class on the day they return to class. Students enroll to class after the first day must speak with the instructor before first day of class to make up work or lecture material on their own. All assignments are submitted to Blackboard.

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. You must check your GMU email and course blackboard site regularly.

Course Performance Evaluation Weighting

| Task | Points | Point Details |
|----------------------------|--------|---|
| Attendance & Participation | 65 | 5 pts each x 13 class periods |
| Daily Workout Logs | 26 | 2 pts each x 13 class periods |
| Assignments | 40 | 30 pts fitness plan, 10 pts fitness assessments |
| Quizzes | 40 | 2 x 20 pts each |

Grading

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 Schedule

| Week | Date | Topics | Assignments |
|------|-------------------------------|--|---|
| 1 | T 10/12 R 10/14 | <i>NO CLASS T 10/12: M Classes meet</i> Class overview Principles of weight training and muscular fitness Fitness screening, assessments, and SMART goals | Introductory quiz (participation) |
| 2 | T 10/19 R 10/21 | Anatomy of weight training, Introduction to weight training exercises The FITT principle and structuring a workout plan, Circuit training Hands-on weight training activities | SMART goals due Fitness assessments due |
| 3 | T 10/26 R 10/28 | Warm up, cool down, and flexibility topics Hands-on weight training activities | Quiz 1 due Fitness plan outline due |
| 4 | T 11/2 R 11/4 | Special equipment topics (kettlebells, resistance bands, exercise balls, etc.) Hands-on weight training activities | |
| 5 | T 11/9 R 11/11 | Special training topics (supersets, compound sets, pyramid sets, etc.) Hands-on weight training activities | |
| 6 | T 11/16 R 11/18 | Nutrition and recovery techniques Hands-on weight training activities | Quiz 2 due |
| 7 | T 11/23 | Fitness reassessments and evaluation Hands-on weight training activities | Final fitness assessments due Final fitness plan due Final workout logs due |

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Professional Dispositions

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

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 <https://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 <https://ds.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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.