

GEORGE MASON UNIVERSITY
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 119 DL1, DL 2, DL 3 Fitness Walking
1 Credit, Spring 2022
DL 1-1/24-3/13 Online
DL 2-2/14-4/10 Online
DL 3-3/21-5/8 Online

Faculty:

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Office Hours: Available as needed, Zoom

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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

This class is based on the recommendations of The Surgeon General as described by the Physical Activity Guidelines for American adults. Adults should engage in at least 150 minutes of moderate-intensity activity each week. By the end of the class students will exercise three times a week for at least 30 minutes at a moderate intensity unique to the student. Students will need a way to track exercise duration, distance, and exercise heart rate using a smart phone, app, fitness tracker, heart rate monitor, or smart watch.

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 9 am, Monday, the first day 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:

To participate in this course, students will need to satisfy the following technical requirements:

- 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, are available for free download:
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player:
 - <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - Apple Quick Time Player: www.apple.com/quicktime/download/
- A headset microphone for use with the Blackboard Collaborate web conferencing tool-(not needed)
- A smart phone or other device to use applications that can track student's distance, speed, and route like "Mapmywalk" (mapmywalk.com), or "Digifit" (digifit.com) and be able to directly email that information to the instructor. Fitbits and smart watches are accepted as long as the student can provide a confirmation of walk results such as duration, distance, pace, heart rate. Screen shots are accepted
- Heart rate monitor or way to track exercise heart rate. Apps can be used. Some phone models come equipped with a build-in heart rate app.

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/run report 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 on Blackboard are used as the official time and date of submission.
- 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 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, work on course materials, and review grades. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **CLASS SCHEDULE** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

Late assignments and walk/run reports are not accepted for credit.

- 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 suggested dates/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
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 and posted on Blackboard.

Optional text: Blaine, Dunn, Marcus, Carpenter, Jaret. (2011). *Active living every day with resources.* (2nd ed.). Human Kinetics.

Required equipment: Smart device to track walks/run such as a smart phone, Fitbit, smart watch and a way to track exercise heart rate such as an app, Fitbit, or smart watch. Some phones have the ability to track exercise heart rate built into the phone.

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 by the deadline to receive credit.

- Assignments are due on Sunday at 11:59 pm, discussion boards 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.

Students will be evaluated on written assignments and participation. Participation will be graded through walk/run reports submitted to Blackboard. Reports are created using apps such as “Mapmywalk”(mapmywalk.com) smart watches or fitness trackers. Grading is done by total points. Adjustments will be announced in class.

- **Participation- 100 points**

1. (3 walk/run reports each week X 5 per report. This may change due to class schedule)- Students are required to walk a minimum of three times a week. Students will submit the walk/run reports to Blackboard after each walk/run. Screen shots are accepted. All reports should be saved in a format viewable by instructor (.jpeg, .pdf).
2. Each walk/run report must include a visual confirmation of the average exercise heart rate (HR) with the average exercise HR falling into the correct heart rate reserve (HRR) zone calculated by the student. All walk reports must contain a visual confirmation of exercise HR in the correct calculated zone, the distance (aligned with the pre-assessment), and the correct duration for the week or the walk/run report will not be accepted for credit. Students make walk/run as often as they desire, however, only three will receive credit for the week. Students can walk again if one of the walks doesn't receive credit.
3. There should be a minimum of three reports each week submitted on three separate days.
4. By the end of the course (7 weeks) students will accumulate 30 minutes of cardio exercise per day.
5. Only one walk report per day is accepted. Only one walk/run report a day will receive credit. Each walk must be completed on different days. Students may not combine walk requirements or walk more than one walk on the same day.
6. Students may walk or run inside or outside. Students may use treadmills to complete walks/runs. Please see the Frequently Asked Questions Section on Blackboard for more information. Walks must be completed in the week assigned to receive credit.
7. Students will complete 2 short walks the first week adding 5 minutes a week reaching at least 30 minutes a week by week 6. Week 7 is 30 minutes or more. Students create a fitness plan using their heart rate reserve. All walks after week 2 must fall into the calculated HRR zone to be counted. Students submit 3 walk/run reports on three separate days with duration of the walk, heart rate, distance.
8. Students will include workout log comments in the comment box for walk/run report submissions. The comments will include an evaluation of success related to the walk/run, obstacles related to the walk/run, if the students is on track to reach their goal, and an evaluation of the fitness plan (FITT). Please see the walk/run directions for detailed information.
9. Students must keep the submission confirmations for each assignment and quiz submitted. Grades will not be corrected for missing assignments without the confirmation. Also, the

confirmation is the student's receipt that an assignment or quiz was submitted to Blackboard properly.

- **Discussions– 16 points** (1 at 1 point, 1 at 5 points, 1 at 10 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. Discussions also include an evaluation of the student's fitness plan, obstacles, successes, and if they are on track to reach their goal. Students will respond to classmates making a connection by asking questions, offering suggestions and encouragement.
- **Assignments – 48 points**
 - Fitness assessments – 10 points (5 per assessment)-1 mile
 - Syllabus and Policy Quiz – 8 points
 - PAR-Q and THR, RHR, HRR calculations – 5 points each assignment
 - Fitness plan – 10 points-Students create a plan for walking or running based on their assessment. One SMART goal and a FITT are needed using their calculated 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 cardio 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. Doctor notes must be submitted immediately after doctor visit. 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 acknowledged 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.
- The weeks are designed as follows: Week 1 is about working out the bugs-making sure the mapmywalk app (or other apps) and smart devices work. The first week also helps the students fit exercise into their daily life. Week 2 is about creating the fitness plan and learning to track exercise heart rate. Week 3-7 is about improving health through walking and technique using heart rate reserve as a measure of intensity. In order to successfully complete the course, it is very important students begin the course on time and check their grades regularly. Assignments and walks are not accepted late.
- Students who add the class during the first week of the session are required to email the instructor immediately upon enrollment for due dates of week 1 assignments. Week 1 assignments will be due within two days of enrolling in class.

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 DispositionsSee <https://cehd.gmu.edu/students/policies-procedures/>**Course Schedule**

DL 1-1/24-3/13 Online

DL 2-2/14-4/10 Online

DL 3-3/21-5/8 Online

Week	Date	Walk	Activities	
1	1/24- 1/30 2/14- 2/20 3/14- 3/20	2 short 5-min. walks	Syllabus quiz, PAR-Q summary, 1-mile walk assessment, Set up Mapmywalk if using/Learn HR monitor Student Introductions discussion	Assignments and walks due Sun., 1/30, 2/20, 4/20 Initial post due, 1/28, 2/18, 3/18 Responses to others: Sun., 1/30, 2/20, 4/20
2	1/31- 2/6 2/21- 2/27 3/21- 3/27	3 10-min. Walks	Create SMART goals and Fitness/Walking plan, Find THR, RHR, HRR. Workout log comments required (include with walk/run report in comment box)	Sun., 1/31, 2/27, 3/27
3	2/7- 2/13 2/28- 3/6 3/28- 4/3	3 15-min. walks in the calculated HRR zone.	Discussion	Initial Post: 2/11, 3/4, 4/1 Responses to others: Sun., 2/13, 3/6, 4/3 Walks due Sun., 2/13, 3/6, 4/3
4	2/14- 2/20 3/7- 3/13 4/4- 4/10	3 20-min. walks in the calculated HRR zone.	Workout log comments required (include with walk/run report in comment box)	Walks Due Sun. 2/20, 3/13, 4/10
5	2/21- 2/27	3 25-min walks in the calculated HRR zone.	Workout log comments required (include with walk/run report in comment box)	Walks due: 2/27, 3/27, 4/17

	3/21-3/27 4/11-4/17			
6	2/28-3/6 3/28-4/3 4/18-4/24	3 30-min. walks in the calculated HRR zone.	Benefits of exercise discussion.	Walks and Initial Post: 3/4, 4/1, 4/22 Responses to others and walks due: Sun., 3/6, 4/3, 4/24
7	3/7-3/13 4/4-4/10 4/25-5/1	3 30-min. walks in the calculated HRR zone.	Fitness Assessment, Updated Fitness/Walking plan.	Sun., 3/13, 4/10, 5/1

3/14-3/20 is Spring Break scheduled for section DL 2. Walks will not be accepted at this time.

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

While some assignments are due on a specific date, Discussion original posts are due on Friday at 11:59pm EST and classmate responses are due by Sunday at 11:59pm EST. Walks can be submitted by Sunday by 11:59pm EST. All submission are due 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/>.

1. GMU Policies and Resources for students

Policies

1. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
2. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
3. 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.
4. 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>).

5. 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/> .