

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

RECR 119 A01 C01 Fitness Walking (1)

1 Credit Summer 2021

5/23-6/25

6/27-7/30

Online

**Faculty:**

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**Prerequisites/Corequisites**

None

**University Catalog 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.

***This course requires students to exercise at intensities; moderate (50%) to high (75%) of their calculated heart rate reserve. The student may be uncomfortable at these intensities.***

**Course Delivery Method**

This course will be delivered online (76% or more) using an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on 6/25 9 am.

**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 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](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](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- A smart phone or other device to use applications that can track student's distance, speed, and "Mapmywalk" (mapmywalk.com), or "Digifit" (digifit.com) and be able to 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, heart rate. Screen shots and photos are accepted.
- Heart rate monitor or way to track exercise heart rate. Apps can be used. Some phone models come equipped with a built heart rate app. Check your phone first.
- 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 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/](http://www.apple.com/quicktime/download/)

## *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 report per 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 Blackboard is used for walk reports.
- Log-in Frequency:  
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least [3] times per week.
- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- **Technical Issues:**  
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues without prior approval.
- **Workload:**  
Please be aware that this course is **not** self-paced. Students are expected to meet *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.
- **Instructor Support:**  
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- **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 Outcomes and Objectives:**

This course is designed to enable students to do the following:

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 and video material is assigned from the internet and posted on Blackboard.

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (Blackboard).

Assignments may not be emailed and must be submitted to the proper place on Blackboard to receive credit. Late assignments or walk/run reports are not accepted for credit without prior approval or health care provider's note.

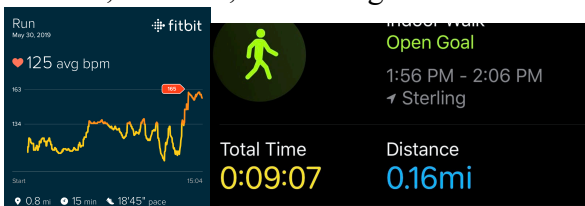
Students will be evaluated on written assignments, walk/run reports, discussions, and participation. Participation will be graded through direct submission of walking/running program through the "Mapmywalk" application (mapmywalk.com), a similar app, or smart device. Treadmills can be used. Directions are posted on Blackboard. Grading is done by total points. Adjustments will be announced in class.

This course requires students to exercise at intensities; moderate (50%) to high (75%) of their calculated heart rate reserve. The student may be uncomfortable at these intensities. It is expected that if students follow the weekly schedule and learn the proper walking technique, they will become more comfortable with moderate to high intensity cardiovascular exercise. If a student is not comfortable with moderate to high intensity cardiovascular exercise, they may wish to drop this course.

**Participation-** 75 points (3 walk/run reports each week X 5 point per walk report. - 3 walk/run report each week X 5 points per report). This may change due to class schedule)-Students are required to walk/run a minimum of three times a week.

1. Students can use the Mapmywalk app, a similar app, a fitness tracker, or treadmills to submit the results of the walk to Blackboard after each walk. A walk/run report will include a visual confirmation of the duration, distance, and recorded average exercise heart rate. Each walk/run report must include the exercise heart rate (HR) with exercise HR falling into the correct heart rate reserve (HRR) zone calculated by the student.
2. There should be a minimum of three reports each week submitted on separate days. The reports should correspond to the date on the confirmation.
3. By the end of the course (5 weeks) students should accumulate 30 minutes of cardio exercise per day. Only one walk report per day is accepted (do not save all the reports and submit them on the same day). Only one walk report per day will receive credit. All walk/run reports must contain the link to the app
4. Students must have three walk/run reports submitted on separate days by Sunday 11:59 pm EST. The time stamp used by Blackboard will be used to determine the submission time and date.

- 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. Visual confirmation of distance, duration, and average exercise heart rate is needed. Examples of visual confirmation:



More information is included in week 1 directions under the Walk/Run Reporting Tab. Please ensure the correct information is submitted to Blackboard since time may not allow for resubmissions by Sunday.

**Discussions**– 11 points There is one discussion based on the assigned readings and videos. There is one introduction discussion.

**Assignments** – 51 points

- a. Syllabus quiz-11 points
- b. Fitness assessments – 10 points (5 per assessment)-1 mile
- c. PAR-Q 5 points
- d. THR, RHR, HRR calculations – 5 points
- e. 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 HRR for intensity.
- f. Final fitness plan – 10 points-Students retake the fitness assessment from the beginning of the semester. 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.

Grading Scale %

= 94 – 100	B+	= 88 – 89	C+	= 78 – 79	D	= 60 – 69
= 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/policies-procedures/>

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Course Schedule

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

Week	Date	Walk	Activities	
1	5/23-5/29  6/27-7/3	3 short 10-min. walks	PAR-Q summary, 1-mile walk assessment, Set up Mapmywalk, app, Fitness tracker/Learn HR monitor, Calculate HRR, Syllabus Quiz, Learn to submit walk/run reports.  Student Introductions Synchronous Meeting-Optional 5/23 4 pm 6/27 4 pm	<b>Sun., 5/29, 6/27</b>  Initial Post: <b>Fri., 5/27 or 7/1</b>  Responses to others: <b>Sun., 5/29, 7/3</b>
2	5/30-6/5 7/4-7/10	3 15-min. Walks Avg. exercise heart rate in HRR.	Create SMART goals and Fitness/Walking plan,	Walks and Assignments due: <b>Sun., 6/12, 7/10</b>
3	6/6-6/12 7/11-7/17	3 20-min. walks in the calculated HRR zone.	Walks will include comments	Walks due 6/6, 7/17
4	6/13-6/19 7/18-7/24	3 25-min. walks in the calculated HRR zone.	Discussion. Benefits of exercise discussion. 1-mile post assessment.	Walks/Assignments Due 6/19, 7/24 Initial Post: <b>Friday, 6/17, 7/22</b>  Responses to others: <b>Sun., 6/19, 7/24</b>
5	6/20-6/25 7/25-7/30	3 30-min walks in the calculated HRR zone.	HRR calculations, Updated/Final Fitness plan	Walks/assignments due: 6/25, 7/30
			<b>Keep in mind 6/25 and 7/30 are Saturdays!</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/>.

### 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 VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments>. 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, sexual harassment, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

