

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, Fall 2022
DL 1-18/22-10/09 Online
DL 2-10/12-11/29 Online
DL 3-9/12-10/29 Online

Faculty:

Name: Nancy Jacobson

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 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 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 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 regardless of the date on the exercise tracking device or app.
- **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, 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 and video material is assigned from the internet and posted on Blackboard.

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. Late assignments or walk/run reports are not be accepted for credit without prior approval or health care provider's note

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

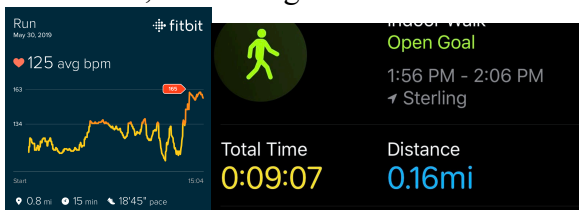
midnight EST or are considered late. Late assignments are not accepted for credit. This is a fitness walking class. Walks will be completed in the student's correct heart rate reserve zone to receive credit.

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. Treadmills can be used. 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- 100 points (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.

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 ap
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.
5. If your device only takes a heart rate measurement at one point in time you must take a screen shot or photo at every 2-3 minute interval. This is very important. In a 20 minute walk there should be a minimum of 6 screenshots or the report will not receive credit.
6. Students will complete 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. Visual confirmation of distance, duration, and average exercise heart rate is needed. Examples of visual confirmation:



Please see the examples on Blackboard.

7. Students can walk or run. 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 are encouraged to 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.
 9. If you are having trouble exercising at the required HRR I suggest you read/watch the information on Walking Technique in the Optional Reading tab.
- **Discussions– 11 points** (1 at 1 point, 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 – 51 points**
 - Fitness assessments – 11 points (5 per assessment)-1 mile
 - Syllabus and Policy Quiz – 10 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 exercise after the class is over. They also evaluate their previous plan so they can make the proper changes to their new plan.
 - 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.
 - 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.
 - All assignments, walks, blogs, discussion boards must be submitted to the proper assignment area on Bb and contain the proper information to receive credit.

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/>

Course Schedule

DL 1-8/22-10/09 Online
 DL 2-10/12-11/29 Online
 DL 3-9/12-10/29 Online

Week	Date	Walk	Activities	
1	8/22-8/28 10/12-10/16 9/12-9/18	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 Optional Zoom meeting 4 pm	Assignments and walks due Sun., 8/28, 10/16, 9/18 Initial post due, 8/26, 10/14, 9/23 Responses to others: Sun., 8/28, 2/20, 9/18 Zoom meeting-8/22, 10/12, 9/12
2	8/29-9/4 10/17-10/23 9/19-9/25	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 Add Comment box)	Sun., 9/4, 10/23, 9/25
3	9/5-9/11 10/24-10/30 9/26-10/2	3 15-min. walks in the calculated HRR zone.	Walks	Walks due Sun., 9/11, 10/30, 10/2
4	9/12-9/18 10/31-11/6 10/3-10/9	3 20-min. walks in the calculated HRR zone.	Walks Workout log comments required (include with walk/run report in Add Comment box)	Walks Due Sun. 9/18, 11/6, 10/9

5	9/19-9/25 11/7-11/13 10/10-10/16	3 25-min walks in the calculated HRR zone.	Walks	Walks due:9/25, 11/13, 10/16
6	9/26-10/2 11/14-11/20 10/17-10/23	3 30-min. walks in the calculated HRR zone.	Benefits of exercise discussion.	Walks and Initial Post: 9/30, 11/18, 10/21 Responses to others and walks due: Sun., 10/2, 11/20, 10/23
7	10/3-10/9 11/21-11/29 10/24-10/29*	3 30-min. walks in the calculated HRR zone.	Fitness Assessment, Updated Fitness/Walking plan.	Sun., 10/9, 11/29, 10/29

*Week 7 is a short week and all walks are due on Saturday.

Thanksgiving break is 11/22-11/27. Student have an extra week to complete the course requirements this week.

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. All submission are due Virginia time (EST).

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/>.