

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

RECR 120 005 – Weight Training and Body Conditioning (1)
1 Credit, Fall 2023
Tues/Thurs 10:30-11:45AM RAC-Fairfax Campus
10/16-12/5

Faculty

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Office location: RAC
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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!**

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.

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

Course Delivery Method

This course will be delivered as 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, hard copy).

- **Assignments and Examinations**
Two quizzes -20 points each (40 points total)
One assignments – 10 points-
Fitness plan
Daily work out logs (2 points each x 14 days = 28 points)
- **Assignments-** To receive credit **MUST** be handed in 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.**
 - You are expected to attend all class sections, 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.**
 - **ABSENCE** – Only a Dr note will excuse an absence or participation. Email or phone call does not excuse an absence. Email 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.

- **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 Dr. note the work out log cannot be made up. Work out logs must be submitted when the class is dismissed for the day. Only the participation points are excused.
- **Other Requirements**
 Five points will be given each day with a deduction of 1 point for each five-minutes or part of 5 minutes 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.**
 Phones, head sets, music players are not allowed in class for any reason. Students will be given one warning. After the warning points will be deducted each day.
- **Course Performance Evaluation Weighting**
 Written quizzes– 40 points
 Attendance– 70 points
 Assignments–10 points
 Daily work out logs–28 points
 Points maybe adjusted based on the number class sessions. Students will be notified in advance.

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.

- **Grading**

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	

148=100%

Professional Dispositions

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

Class Schedule

Week	Date	Discussion	Assignment
1		Syllabus, Fitness evaluation/Physical Fitness	Fitness Evaluation

2		SMART goals, Muscular Strength/Endurance	SMART goals due
3		Muscular Fitness, Circuit Training, Anatomy of Front,	
4		Body Composition, Cardio Training vs. Muscular strength and endurance	Quiz 1
5		Nutrition, Accommodated Resistance, Anatomy of Back, Basic Nutritional Concepts	Nutrition assignment due
6		Final assessment, Final fitness plans	Final fitness assessment due
7		Review, Fitness Evaluations, SMART goals	Fitness plan due, work out logs/sheets due, Final quiz due

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

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 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.

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

How can students access TimelyCare?

Students can go to timelycare.com/gmu or directly download the TimelyCare app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use TimelyCare? Any enrolled Mason student.

What services are available?

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a TimelyCare counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

How much does a TimelyCare visit cost?

TimelyCare services are available at no cost to students.