

**GEORGE MASON UNIVERSITY**  
**Department of Health, Fitness and Recreation Resources**

**DIANNA PURVIS, MS, ACSM, PMP**  
**OFFICE HOURS: T/TH after class**  
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**HEAL 430**  
**Fall 2010**

**PREREQUISITES**

Completion of 90 hours (print out degree audit/grad status to validate credit hour completion).

**CATALOG DESCRIPTION**

Provides overview of contemporary and often controversial health issues with analysis of selected problems of current concern to society.

**COURSE OBJECTIVES**

Upon successful completion of this course, the student will:

1. Understand evidence analysis and levels of evidence.
2. Understand exercise science concepts as related to controversial health issues.
3. Synthesize knowledge obtained through the literature, presentations, lectures, group leadership and membership, and scholarly writings.
4. Formulate evidence-based position stand paper based on current scientific evidence.
5. Complete Appendix 1 of internship package.
6. Demonstrate effective speaking, presentation, interviewing, and writing skills.
7. Develop current resume.

**REQUIRED RESOURCE MATERIALS**

1. HRT Internship Manual <http://rht.gmu.edu> (CLICK: undergraduate education, internship and field work, internship manual—embedded in BS HFRR paragraph)
2. Evidence Analysis Manual <http://www.adaevidencelibrary.com/topic.cfm?cat=1155>
3. Resume Information <http://careers.gmu.edu/movingon/document.pdf>
4. Readings as directed
5. Strunk, W. and E. White (1999). The elements of style, Longman. GMU bookstore or [www.amazon.com](http://www.amazon.com)

**Written Examinations:**

Exam(s) may be composed of various formats that could include multiple choice, true/false, short answer, matching, and fill in the blank type questions. Exams and quizzes will cover material from lectures, readings, and activities completed during class sessions. Students will need a Scantron form for each exam.

**Class Work:**

Selected assignments may be given in class. The work must be completed during class in order to receive credit.

**Make Up Work:**

Students who are absent or arrive late without an official university or a medical doctor's excuse may miss in-class activities. There will be no make-for activities or exams unless an excused absence has been warranted. Students that must miss an examination or in-class assignment due to an excused

absence must turn in the missed work on their first time back in class. All make-up work must be completed by the last day of class unless other approved arrangements are made. It is the student's obligation to pursue any make-up work.

### **Attendance Policy**

Class attendance is expected. Since assignments will be presented and discussed in class as part of your grade, any absences may result in a grade point reduction.

### **Grading Policy**

Students will be evaluated via written exams, a class project, possible in-class assignments, homework assignments, and quizzes. The percentage distribution is as follows:

Group Presentation	20%
Individual Presentation	25%
Position Stand Paper	25%
Quizzes/Group Activities	20%
Appendix 1	5%
Resume	5%

The student's final letter grade will be determined as a percentage of the total available points based on the following scale:

- A: 90% - 100%
- B: 80% - 89%
- C 70% - 79%
- D 60% - 69%
- F: < 60%

## COURSE SCHEDULE

Aug	31	Introduction
Sep	2	Evidence Analysis Project/Paper Guidelines Choose Groups
	7	Evidence Analysis
	9	<i>Out of Class Assignment: Read Evidence Analysis Manual</i>
	14	<i>Out of Class Group Assignment:</i> 1) Submit a example of each level of evidence (abstracts accepted if they clearly show type of study) ( <a href="http://gollum.lib.uic.edu/applied_health/files/images/Slide1.preview.gif">http://gollum.lib.uic.edu/applied_health/files/images/Slide1.preview.gif</a> ) due 9/23/10 2) Determine individual position stand paper topic (choose 2); topics due 9/21/10
	16	Evidence Analysis Brainstorm Topics/Email topic list to class <b>Quiz: Evidence Analysis Manual/lectures</b>
	21	Exercise Physiology Overview Assign individual topics
	23	Exercise Physiology Overview (cont) Exercise Prescription <b>Group assignment (levels of evidence examples) due</b>
	28	Disease Risks & Prevention Stress & Other Health Concerns
	30	<i>Out of class assignment:</i> Prepare Appendix 1 (HRT Internship Manual); Readings
Oct	5	Sample presentation <b>Reference list due</b> Quiz: Exercise Physiology/Readings
	7	Submit Appendix 1 Discuss Position Stand topics Interviewing Skills/Group Self Assessment Activity
	12	<b>Columbus Day Break</b>
	14	<i>Out of class group assignment:</i> Prepare top 5-7 tips for assigned category of writing, speaking, or presentation tips <i>Individuals:</i> Prepare 1 page lay-person translation summary of evidence presentation & written summary

- 19 Writing and Speaking Skills  
Groups present top 5 tips each category (writing, speaking, & presentations)
- 21 **4 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions
- 26 **4 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions
- 28 Out of class assignment: Prepare professional resume due 11/4/10; Readings
- Nov** 2 **4 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions
- 4 **4 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions
- 9 **4 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions
- 11 *Out of class assignment: Self Assessment/Readings*
- 16 **4 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions
- 18 **3 Individual Presentations: Translation Summary**  
10 minute presentation with PPT/5 min questions  
**Quiz (readings, writing, speaking, presentations, interviewing)**
- 23 *Out of class assignment: Finalize Position Paper*
- 25 Thanksgiving
- Dec** 1 **2 Group Presentations**
- 4 **2 Group Presentations**
- 11 **2 Group Presentations**  
**Position Stand Paper Due**



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See [ods.gmu.edu](http://ods.gmu.edu)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>