

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PHED 365 - Measurement and Evaluation of Physical Fitness
Fall 2010

DAY/TIME: MW: 10:30 – 11:45 AM LOCATION: RAC 2203
PROFESSOR: Dr. Dave Bever
OFFICE LOCATION: RAC 2107 OFFICE HOURS: MW 1:45-3:00 pm
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PREREQUISITES: Biology 124 and 125

COURSE DESCRIPTION:

Covers selection, administration, evaluation, and construction of measurements and evaluation instruments and techniques in physical education. Also covers statistical analysis of data and survey of selected instruments.

Note: Course is writing intensive.

COURSE OBJECTIVES:

At the completion of this course students should be able to:

1. Apply basic statistical techniques in the analysis of data collected in the assessment process.
2. Develop health-related fitness assessment plans for elementary and secondary school students as well as adult clients in recreational and rehabilitation settings.
3. Develop sport/ motor fitness assessments for both elementary and secondary school settings.
4. Identify fitness- related psychological testing protocols
5. Interpret and apply assessment information by identifying formative and summative fitness, skill, cognitive, and affective measurement and evaluative techniques.

REQUIRED READINGS:

Nieman, David C., Exercise Testing and Prescription, 6th Edition, Mc Graw-Hill Higher Education, New York, NY, 2007.

EVALUATION: 50% Tests (Mid-term & Final exam) and Written Assignments

25% Quizzes & health-related/ motor fitness protocol/demonstrations

25% LawFit Trooper Challenge: National Law Enforcement Competition

(October 14, 15, & 16, 2010)

EXAMS: Exam #1 Mid-Term: Material from weeks 1-7

Exam #2 Final Practical Exam: Demonstration of testing protocols
from weeks 3-10

Exam #3 Final Exam: Material from weeks 9-13

EVALUATION SCALE:	94-100 - A
	90-93 - A-
	88-89 - B+
	84- 87 - B
	80-83 - B-
	78-79 - C+
	74-77 - C
	70-73 - C-
	60-69 - D
	0 -59 F

Course Outline:

WEEK #

- | | |
|------------|---|
| 1, 2 | A. The Data Collection Process |
| Specialist | B. Statistical Tools for the Physical Education / Fitness |
| 3, 4, 5 | C. Criterion vs. Norm- Reference Standards |
| | D. Health- Related Fitness Assessment |
| | 1) Elementary Schools |
| | 2) Secondary Schools |
| | 3) Adults |
| | 4) Special Populations |

LawFit Trooper Challenge: 10/14, 10/15, & 10/16

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| 6, 7 | E. Exercise and Psychological Measurement |
| | 1) Cognitive Testing |
| | 2) Affective Testing |
| 8 | Mid-Term Exam and Practical Skill Testing |
| 9, 10, 11 | F. Agility and Sport Skill Testing |
| | 1) Power |
| | 2) Speed |
| | 3) Agility |
| | 4) Coordination |
| | 5) Balance |
| 12, 13 | G. Evaluation Achievement |
| | 1) Rubrics |
| | 2) Formative Evaluation |
| | 3) Summative Evaluation |



- ❖ 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]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>