

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

EFHP 611: Fitness Assessment: Theory and Practice  
Spring 2011

DAY/TIME:                   W 4:30 – 7:10 p.m.                   LOCATION:                   PW 148 Bull Run Hall

PROFESSOR:                 Dr. Margaret T. Jones                 EMAIL ADDRESS: mjones15@gmu.edu

OFFICE LOCATION:       PW 208A Bull Run                 PHONE NUMBER: 703-993-3247  
Hall

OFFICE HOURS:            T TH 10:30–11:30,  
or by appointment

**PREREQUISITES:**

Graduate standing or permission of the instructor

**COURSE DESCRIPTION:**

Promotes familiarity and proficiency with methods and instrumentation in assessing individual fitness and establishing base for exercise and other lifestyle alternatives to improve fitness.

**COURSE OBJECTIVES:**

Upon completion of EFHP 611 students should be able to:

1. Assess the following components of fitness:
  - cardiorespiratory endurance
  - muscular fitness
  - body weight and composition
  - flexibility and balance
2. Utilize current ACSM guidelines and NSCA recommendations for testing.
3. Evaluate test values according to current norms.
4. Explain the difference between performance and health-related fitness testing.
5. Demonstrate the successful employment of a variety of methods for assessment.
6. Prepare and present research findings on a topic related to a specific area of assessment.
7. Demonstrate the ability to critically review current research and connect findings to topics discussed in class.

**COURSE OVERVIEW:**

Material for the course will be drawn from the recommended readings.

- Attendance - Students are expected to attend all classes. A grade of zero will be assigned to any missed assignment without prior permission from the instructor. **Late assignments will receive a letter grade deduction for each 24 hr period past the deadline.**
- Classroom Demeanor - Students are expected to attend all class sections, participate in class discussions, complete in-class exercises, and fulfill all assignments. Anyone exhibiting

inappropriate behavior may be asked to leave (e.g. sleeping in class, texting). University policy states that sound-emitting devices shall be turned off during class unless otherwise authorized.

- Academic Honesty - Students are held to the standards of the George Mason University Honor Code. Students are expected to honestly represent their work. The possible situations when a student could violate these expectations range from incorrectly citing or failing to cite references/footnotes within papers and projects to cheating on an examination or assignment. Academic integrity is the responsibility a student assumes for honestly representing academic work. This includes but is not limited to quizzes, examinations, projects, and other forms of oral and written endeavors.
- Accommodation Planning - 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]

#### RECOMMENDED READINGS:

Baechle, Thomas R. & Roger Earle (ed.). *Essentials of Strength Training and Conditioning (3<sup>rd</sup> edition)*. Human Kinetics, Champaign, Illinois, 2008. ISBN-13: 978-0-7360-5803-2

Heyward, V.H. *Advanced Fitness Assessment and Exercise Prescription (6<sup>th</sup> edition)*. Human Kinetics, Champaign, Illinois, 2010. ISBN-13: 978-0-7360-8659-2

Hoffman, Jay. *Norms for Fitness, Performance, and Health*. Human Kinetics, Champaign, Illinois, 2010. ISBN-13: 978-0-7360-5483-6

#### EVALUATION:

A. Assignments 1-3	30%	(Objectives 1-7)
B. Final Project	30%	(Objectives 1-7)
C. Research Paper	30%	(Objectives 1-7)
D. Class Participation	10%	(Objectives 1-7)

#### FINAL EXAM:

4:30 pm, Wednesday, May 11, 2011

#### 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	

## Tentative Course Schedule

<b>Date</b>	<b>Topic</b>	<b>Readings/Assignments Due</b>
1/26	Course Introduction, Demographic data, Excel	
2/2	Muscular Endurance	B&E: CH 11, 12 Heyward: CH 3, 6
2/9	Muscular Strength	B&E: CH 12 Heyward: CH 6
2/16	Muscular Power	B&E: CH 12 Heyward: CH 6
2/23	Flexibility, Balance	B&E: CH 12, CH 16, pp 424-425 Heyward: CH 10, 12 <b>Assignment 1 due</b>
3/2	Body Composition, Anthropometry	B&E: CH 12 Heyward: CH 8
3/9	Spring Break – No Class	
3/16	Aerobic Capacity: Field tests	B&E: CH 12 Heyward: CH 4 <b>Assignment 2 due</b>
3/23	Aerobic Capacity: Lab tests	Heyward: CH 4
3/30	Agility, Speed	B&E: CH 12
4/6	Anaerobic Power	B&E: CH 12
4/13	Group Meetings	<b>Assignment 3 due</b>
4/20	Final Project Presentations	Slides due by 2:00 pm
4/27	Final Project Presentations	Slides due by 2:00 pm
5/4	Final Project Presentations	Slides due by 2:00 pm

*Note: Faculty reserves the right to alter the schedule as necessary*

## COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].

## SCHOOL OF RECREATION, HEALTH AND TOURSIM

- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].