

GEORGE MASON UNIVERSITY
Department of Health, Fitness and Recreation Resources

PHED 365 - Measurement and Evaluation of Physical Fitness
Spring 2011

DAY/TIME: W: 4:30-7:10 PM LOCATION: Recreation and Athletic Complex 2203
PROFESSOR: Mr. Chris Dofflemyer OFFICE: Recreation and Athletic Complex 2203
OFFICE HOURS: W, 4:10-4:30 by appointment
PHONE NUMBER: (703) 973-2006 FAX NUMBER: (703) 993-2126
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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.

Prerequisites

BIOL 124 and 125

Hours of Lecture or Seminar per week: 3

Hours of Lab or Studio per week: 0

Satisfies the university Writing Intensive requirement

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. (2006). *Exercise Testing and Prescription*, 7th Edition, McGraw -Hill Higher Education, New York, NY, 2011.

EVALUATION: 60% Tests (Mid-terms & Final exam) and Written Assignments
 20% Health-related motor fitness protocol &
 demonstrations/participation
 20% Written assignments pertaining to fitness and motor testing

EXAMS: Exam #1 Material from weeks 1-5

Exam #2 Material from weeks 6-9
Exam # 3 Material from weeks 10-13
Final Exam is cumulative

EVALUATION SCALE:

97-100 – A+
96-90 = A
87-89 = B+
80-86 = B
77-79 = C+
70-76 = C
60-69 = D
<60 = F

COURSE OUTLINE:

WEEK #

- 1 Syllabus and Health Assessment
 - 2 Fitness Testing
 - 3 Testing /Musculoskeletal Fitness
 - 4 Data Collection/ Measures of Central Tendency/Variability
 - 5 Data Collection continued / Statistic Analysis (**Exam 1**)
 - 6 Work Performance Testing
 - 7 Sport Skill Testing
- Spring Break March 14th -18th Enjoy!**
- 8 Cardiorespiratory Fitness
 - 9 Cardiovascular Testing (**Exam 2**)
 - 10 Body Composition
 - 11 Peer-Related Body Fat Testing
 - 12 Agility and Balance Testing Protocols (**Exam 3**)
 - 13 Effects of Exercise & Exercise Prescription
 - 14 Fitness Post-Testing
 - 15 **Final Exam # 4 Wednesday May 11th 2011 – 4:30pm – 7:15pm**

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor <http://academicintegrity.gmu.edu/honorcode/>.
- Students with disabilities who seek accommodations in a course must be registered with the University Office of Disability Services (ODS) and inform their instructor, in semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their email account and are required to activate their account and check it regularly. All c

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 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 counseling and clinical psychologists, social workers, and counselors who offer a wide range of individual and group counseling, workshops and outreach programs) to enhance students' personal and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (workshops, writing guides, handbooks) intended to support students as they work to construct and communicate through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation and Tourism, please visit our website [See <http://rht.gmu.edu/>].

