

George Mason University

EFHP 680 - Ethical Issues in Exercise, Fitness, and Health Promotion

Day/Time: Tuesday, 4:30 p.m. – 7:10 p.m.

Professor: Evan Braff

Office Hours: By appointment

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Prerequisites

Graduate standing or permission of instructor

Course Description

Examines ethical issues in exercise fitness, and health promotion. Covers formulation of coherent framework for ascertaining good, right, and just; and for assessing evidence and reason underlying positions and arguments

Text:

Ethics For Public Managers. Harold F. Gortner.

Course Objectives:

The study of ethics deals with the fundamental issues of right and wrong, good and bad, and moral duty or obligation.

- To broaden students' perspective about ethics
- To develop students' ability to present and critique ethical arguments
- To practice ethical problem solving
- To examine how ethical principles can be applied to exercise, fitness, health, and leisure

COURSE OVERVIEW:

This course will focus on examining ethical principles and practices in the exercise, fitness, and leisure profession. Students will examine current ethical issues in these fields and apply concepts learned from this class towards these issues. This graduate level class is structured in a seminar setting and classroom dialogue and discussion is critical components of instruction.

Evaluation:

Students must follow the standards of the George Mason University Honor Code. Students should attend all class sections, actively participate in class discussions, and fulfill all assignments. Students must turn in assignments at the beginning of class on the specified date due or they will receive no credit. Only students with extreme emergencies, a documented medical excuse or university-sponsored functions discussed with the professor prior to the due date will be given consideration for exception. Students must make copies of all written work submitted.

Grading Scale

A = 94 – 100	B+ = 88 – 89	F = 0 – 79
A- = 90 – 93	B = 84 – 87	
	B- = 80 – 83	

Assignments:

Class Presentations on Ethics for Public Managers (50 points)

For the second and third class we will be discussing Ethics for Public Managers by Harold Gortner. We will divide the class into two groups. Group 1 will be responsible for teaching the class the concepts from chapters 1 – 4 (class #2). Group 2 will be responsible for chapters 5 – 8 (class #3). Each group will present to the class a Power Point presentation including notes that highlights the major principles of each chapter. Presenters will also implement a framework that allows for classroom discussion.

It is expected that each group's presentation will be organized and well thought out.

Personal ethics dilemma paper and presentation

(100 points) paper: 50 points / presentation: 50 points

Each student will identify an ethical dilemma that they have faced. The paper and presentation will describe in-depth the ethical dilemma, possible solutions for its resolution, and how the issue was ultimately resolved. Students can identify an issue that they have encountered professionally or personally.

Literature review or professional interviews for research paper (50 points)

Each student will identify a current ethical problem in the exercise, fitness, or health promotion professions. The student will then conduct a literature review and/or interview professionals who have knowledge of this ethical challenge. The student must collect 8 sources for this assignment. The instructor will provide a worksheet that must be completed for each source.

Research paper and presentation (100 points) paper: 50 points / presentation: 50 points

Based on the information from the literature review and the professional interviews, students will write a 15 – 20 page ethical dilemma research paper. The research paper also needs to incorporate concepts and information from classroom/lecture discussions and readings. Students will incorporate Gortner's ethical dilemma framework into the paper.

Class Participation/In-Class Assignments (100 points)

The expectation in all graduate classes is that you come to each class well prepared and ready to contribute to the topic of the evening. This means that all reading (whether from chapters in the text, supplemental articles, or handouts) should be completed by the start of class on the day for which an assignment is due. The readings in the text and any supplemental readings, guest speakers throughout the semester, and in-class assignments will serve as the basis for class discussion and participation. Your responses, comments, and general contributions will be the primary criteria for evaluation, but attentiveness in class will also be taken into consideration. For each class night there will be an in-class assignment that each student will be required to complete.



- 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.
- 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/>].
- 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>].

Course Schedule

Date	Topic
January 25th	Introduction to Class Begin Discussion on Ethics
February 1st	What is Ethics?
Assignment	Gortner: Chapters 1 – 4
February 8th	Analyzing and Resolving Ethical Dilemmas
Assignment	Gortner: Chapters 5 - 8
February 15th	Exploring Ethical Dilemmas in Exercise, Fitness, Health Promotion, and Leisure
Assignment	<ol style="list-style-type: none"> 1. Moral Dilemmas of Participation in Dangerous Leisure Activities (reading) 2. The Ethical Dilemma of Teaching Ethics Clothing Unethical Practices with Ethical Virtues (reading) This sentence does not make sense to me. 3. Echoes of Leisure: Questions, Challenges, and Potentials (reading)
February 22nd	Reviewing Professional Codes of Ethics
March 1	Personal Ethics Issues Presentations Guest Speaker
March 8	Ethical Dilemmas for Managers/Supervisors Guest Speaker
Assignment	<p>Submission of Research Paper and Literature Review Issue</p> <p>The Business of Lying (reading)</p> <p>Fairfax County Code of Ethics and Fairfax County Code of Conduct (reading)</p>
March 15	Spring Break
March 22	Case Studies <p>Mitchell Report (Reading)</p> <p>The Ethics of Genetic Testing in Sport (Reading)</p> <p>Gender, Sports, and the Ethics of Teammates: Toward an Outline of a Philosophy of Sport in the American Grain</p>
March 29	Health Promotion Dilemmas Guest Speaker
Assignments	Additional Readings to be Assigned
April 5	The Contender Movie and Class Discussion
April 12	Literature Review
April 19	Ethics and the Law
Assignment	Guns in Parks (Reading) <p>Additional readings to be assigned</p>
April 26	Draft of Paper Due
May 3	Class Wrap-Up
May 10	Reading Day
May 17	Final Exam

