

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

KINE 370: Measurement and Evaluation of Physical Fitness (3)
Spring 2012

DAY/TIME: Wednesday, 4:30 – 7:10pm LOCATION: FX 2203
Recreation/Athletic Center

PROFESSOR: Dr. Charles Robison EMAIL ADDRESS: crobiso4@gmu.edu

OFFICE LOCATION: PW 210 Bull Run Hall PHONE NUMBER: 703-993-7115

OFFICE HOURS: Monday 3:00- 4:30 pm or by appointment FAX NUMBER: 703-993-2025

PREREQUISITES:
BIOL 124 and 125

COURSE DESCRIPTION:

This course provides students with an opportunity to develop a solid understanding of the assessment and evaluation process used in physical education and exercise science. **This is designated a writing intensive course.**

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 students as well as adult clients.
3. Develop sport / motor fitness assessments for school and work settings.
4. Identify fitness-related psychological testing protocols.
5. Interpret and apply assessment information by identifying formative and summative evaluative techniques.

COURSE OVERVIEW:

Material for the course will be drawn from the required textbook and assigned readings of published research. Class lectures will be presented in PowerPoint with handouts posted on Blackboard in advance of class meetings.

- Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given.**
- Attendance - Students are expected to attend all classes. A grade of zero will be assigned to any missed presentation without prior permission from the instructor.

- Classroom Demeanor - Students are expected to attend all class sections, actively 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 all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.

NATURE OF COURSE DELIVERY

This course will include both lecture and laboratory instruction.

REQUIRED READINGS:

Heyward, V.H. (2010). *Advanced fitness assessment and exercise prescription (6th edition)*. Champaign, IL: Human Kinetics.

EVALUATION:

Requirements	Percentage
Exam 1	20%
Exam 2	20%
Paper	15%
Participation	10%
Homework and Quizzes	35%

Grading Scale

A = 93.5 – 100	B+ = 87.5 – 89.4	C+ = 77.5 – 79.4	D = 59.5 – 69.4
A- = 89.5 – 93.4	B = 82.5 – 87.4	C = 72.5 – 77.4	F = 0 – 59.4
	B- = 79.5 – 82.4	C- = 69.5 – 72.4	

Tentative Course Schedule

Date	Topic	Readings/Assignments Due
1/25	Course Introduction	
2/1	Preliminary Health Screening and Risk Classification	Chapter 2
2/8	Preliminary Health Screening and Risk Classification	Chapter 2
2/15	Principles of Assessment	Chapter 3
2/22	Assessing Cardiorespiratory Fitness	Chapter 4
2/29	Assessing Cardiorespiratory Fitness	Chapter 4
3/7	Exam 1	
3/14	<i>Spring Break- No Class</i>	
3/21	Assessing Muscular Fitness	Chapter 6
3/28	Assessing Muscular Fitness	Chapter 6
4/4	Assessing Body Composition	Chapter 8
4/11	Speed, Agility, and Power Testing	

4/18	Sport Skill Testing	
4/25	Descriptive Statistics	
5/2	Descriptive Statistics	
5/9	Final Exam , 4:30-7:15, Wednesday, May 9 th	

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

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/>].
- 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>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

