KINE 350: Cardiorespiratory Training and Conditioning: Concepts and Applications
Spring 2012 (3)

DAY/TIME: M-W 1:30-2:45 pm
LOCATION: Occoquan Building 204

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

OFFICE LOCATION: Bull Run Hall 210
PHONE NUMBER: 703-993-7115
OFFICE HOURS: Monday 3:00-4:30 pm or by appointment
FAX NUMBER: 703-993-2025

PREREQUISITES
KINE 301, KINE 310

COURSE DESCRIPTION
This course provides students with an opportunity to develop an understanding of the assessment and evaluation process used in cardio-respiratory training and anaerobic conditioning for healthy, athletic, and symptomatic populations.

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

1. Assess exercise risk for healthy, athletic, and symptomatic clients.
2. Utilize a variety of fitness tests to measure the aerobic capacity of clients.
3. Demonstrate knowledge of evidence-based practice in regard to aerobic and anaerobic training for healthy, athletic, and symptomatic clients.
4. Develop aerobic fitness training plans for healthy, athletic, and symptomatic clients.

COURSE OVERVIEW
Students are held to the standards of the George Mason University Honor Code. This course will include both lecture and laboratory instruction. Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or no credit will be given.

Since this course requires significant active participation, students must be dressed in appropriate fitness wear during some class sessions. Notification will be given when active dress is required.

NATURE OF COURSE DELIVERY
This course will include both lecture and laboratory instruction.

REQUIRED READINGS:

EVALUATION

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams (3)</td>
<td>40</td>
</tr>
<tr>
<td>Lab Reports</td>
<td>20</td>
</tr>
<tr>
<td>Case Reports/ Homework</td>
<td>30</td>
</tr>
<tr>
<td>Participation</td>
<td>10</td>
</tr>
</tbody>
</table>
Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93.5 – 100</td>
</tr>
<tr>
<td>A-</td>
<td>89.5 – 93.4</td>
</tr>
<tr>
<td>B+</td>
<td>87.5 – 89.4</td>
</tr>
<tr>
<td>B</td>
<td>82.5 – 87.4</td>
</tr>
<tr>
<td>B-</td>
<td>79.5 – 82.4</td>
</tr>
<tr>
<td>C+</td>
<td>77.5 – 79.4</td>
</tr>
<tr>
<td>C</td>
<td>72.5 – 77.4</td>
</tr>
<tr>
<td>C-</td>
<td>69.5 – 72.4</td>
</tr>
<tr>
<td>D</td>
<td>59.5 – 69.4</td>
</tr>
<tr>
<td>F</td>
<td>0 – 59.4</td>
</tr>
<tr>
<td>B-</td>
<td>79.5 – 82.4</td>
</tr>
<tr>
<td>C-</td>
<td>69.5 – 72.4</td>
</tr>
</tbody>
</table>

TENTATIVE COURSE SCHEDULE

Week # 1 Review of Cardiovascular Exercise Physiology
Week # 2 Health and Performance Aspects of Cardiorespiratory Fitness
Week # 3 Assessing Cardiorespiratory Fitness
Week # 4 Electrocardiogram- Lab Day
Week # 5 VO₂ max test- Lab Day
Week # 6 Exam 1
Week # 7 Submaximal VO₂ max tests
Week # 8 Designing Cardiorespiratory Exercise Programs
Week # 9 Guidelines for Health
Week # 10 Metabolic Equations, Exam 2
Week # 11 Overweight/Obesity, Cardiac Patient
Week # 12 Cancer Patient, Diabetic Patient
Week # 13 Elderly, Pregnant Women
Week # 14 Children, Exam 3

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.