

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.

- 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 all 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]

NATURE OF COURSE DELIVERY:

This course will be delivered in a face-to-face type of environment. This class will consist of both lecture and laboratory instruction.

REQUIRED READINGS:

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

EVALUATION:

A. Written Examinations

Unit Exam #1	30%	(Objectives 1,2)
Unit Exam #2 (Final Exam)	30%	(Objectives 3,4,5)

B. Unannounced Quizzes

20% (Objectives 1-5)

C. Laboratory sessions

10% (Objectives 1-5)

D. Project

10% (Objectives 1-5)

FINAL EXAM:

10:30-1:15, Wednesday, December 12, 2012 (bring scantron sheet)

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

Date	Topic	Readings/Assignments Due
8/27	Course Introduction	
8/29	Neuromuscular System	B&E: CH 1
9/3	Labor Day – no class	
9/5	Neuromuscular System	B&E: CH 1
9/10	NM System, Bioenergetics	B&E: CH 1, 2
9/12	Lab 1	Dress appropriately
9/17	Bioenergetics	B&E: CH 2
9/19	Bioenergetics	B&E: CH 2
9/24	Endocrine Responses	B&E: CH 3
9/26	Endocrine Responses	B&E: CH 3
10/1	Biomechanics	B&E: CH 4
10/3	Biomechanics	B&E: CH 4
10/8	Columbus Day – no class	
10/9	Anaerobic Training Adaptations	B&E: CH 5
10/10	Lab 2	Dress appropriately
10/15	Midterm Examination	Bring scantron sheet
10/17	Age & Gender Differences	B&E: CH 7
10/22	Testing	B&E: CH 11,12
10/24	Testing	B&E: CH 11,12
10/29	Resistance Training	B&E: CH 14, 15
10/31	Lab 3	Dress appropriately
11/5	Plyometrics	B&E: CH 16
11/7	Plyometrics	B&E: CH 16
11/12	Speed Development	B&E: CH 17
11/14	Speed Development	B&E: CH 17
11/19	Periodization	B&E: CH 19
11/21	Thanksgiving Break –no class	
11/26	Periodization	B&E: CH 19
11/28	Lab 4	Dress appropriately
12/3	Final Project Presentations	Business casual dress http://www.career.vt.edu/JobSearchGuide/BusinessCasualAttire.html
12/5	Final Project Presentations	Business casual dress

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

E-mail Correspondence –

Only messages in a professional format that originate from a Mason address will be accepted (see below):

Dear Dr. Jones (*Beginning salutation*),

I have a question regarding one of the assignments. (*Text body*)

Respectfully, (*Ending Salutation*)

Sam Student (*Your name*)

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/>].
- 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.

