

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

KINE 350: Exercise Prescription and Programming (3)
Fall 2012

DAY/TIME:	T/Th 9:00 – 10:15 am	LOCATION:	PW 249 Bull Run Hall
PROFESSOR:	Adam Ayash, MS	EMAIL ADDRESS:	aayash@masonlive.gmu.edu
OFFICE LOCATION:	TBA	OFFICE HOURS:	Th 11:45 – 1:00pm, or by appointment

PREREQUISITES: KINE 200, KINE 310, KINE 370
ATEP 300 (KINE 300)

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.

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.

SPECIAL REQUIREMENTS:

This course requires a laboratory fee of \$25.00 payable to George Mason University. This fee is due at the beginning of the second-class meeting (August 30, 2012) and you need to pay with a check. You should make your check payable to George Mason University and in the Memo section write in “KINE 350 Lab Fee.” A receipt will be issued to you upon payment.

REQUIRED READINGS:

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

EVALUATION

Requirement	Percentage
Exams (3)	40
Lab Reports	20
Case Reports/ Homework	30
Participation	10

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
8/28	Course Introduction	
8/30	Review of Cardiovascular Ex Physiology	
9/4	Physical Activity, Health, and Chronic Disease	Chapter 1 & 2
9/6	Preliminary Screening & Assessing Cardiorespiratory Fitness	Chapter 2-4
9/11	Submaximal tests	
9/13	Submaximal tests	
9/18	No Class	
9/20	No Class	
9/25	ECG	Submaximal tests lab report due
9/27	VO2 max test	
10/2	VO2 max test	
10/4	<i>Exam (Up to VO2 max testing)</i>	
10/9	No Class Columbus Day Make up	
10/11	Guidelines for Health Designing Cardiorespiratory Exercise Programs	VO2 Max test lab report due/ Chapter 5
10/16	Measures of Intensity	Chapter 5
10/18	Frequency and Duration	Chapter 5
10/23	Metabolic Equations	Chapter 5 & 4
10/25	Metabolic Equations	Chapter 5 & 4
10/30	Progression and Ex Prescription	Metabolic Homework given
11/1	Lactate Threshold Lab	Metabolic Homework due
11/6	Lactate Threshold Lab	
11/8	Training Programs	
11/13	<i>Exam?</i>	
11/15	Assessing Body Composition	Lactate lab report due/ Chapter 8
11/20	Overweight/Obesity	Chapter 9
11/22	No Class Thanksgiving Break	
11/27	Overweight/Obesity	Chapter 9
11/29	Other training program considerations	Chapter 10-12
12/4	Other training program considerations	Chapter 10-12
12/6	Final Exam Review	
12/18	<i>Final Exam 10:30am – 1:15pm</i>	

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.

