KINE 350-001: Exercise Prescription and Programming (3)  
Spring 2013

DAY/TIME: M/W 1:30-2:45  
LOCATION: PW Bull Run Hall 249

PROFESSOR: Kathleen Friend  
EMAIL ADDRESS: kfriend@gmu.edu

OFFICE LOCATION: 220A Bull Run Hall  
PHONE NUMBER: NA

OFFICE HOURS: By appointment  
FAX NUMBER: 703-993-2025

PREREQUISITES  
ATEP 300 (formerly KINE 300), KINE 200 (formerly KINE 301), KINE 310, KINE 370

COURSE CATALOG DESCRIPTION  
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.

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

COURSE OBJECTIVES  
This course is designed to enable students 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.

REQUIRED READINGS  

Additional readings as assigned.


COURSE OVERVIEW  
Students are held to the standards of the George Mason University Honor Code. This course will include both lecture and laboratory instruction. A lab fee may be collected during the second week of class. 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 (unless prior coordination has been done) or no credit will be given.

Since this course requires significant active participation, students must be dressed in appropriate fitness wear during designated class sessions.

EVALUATION

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<th>Requirement</th>
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<tr>
<td>Exams, 3 @ 15% each</td>
<td>45</td>
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<tr>
<td>Lab Reports, 3@ 10% each</td>
<td>30</td>
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<tr>
<td>Homework, 10@ 2% each</td>
<td>20</td>
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<td>Other assignments</td>
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Grading Scale %

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<tr>
<th>Grade</th>
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TENTATIVE COURSE SCHEDULE with READING ASSIGNMENTS

**Week # 1** Introduction

**Week # 2** Physical Activity, Health and Disease

**Week # 3** Health Risk Screening, blood pressure, heart rate, ECG

**Week # 4** ECG lab, Principles of Fitness and Programming

**Week # 5** Adherence, **Exam 1**

**Week # 6** Cardiorespiratory Physiology Review and Assessment, VO2 Max lab

**Week # 7** Cardiorespiratory field tests, blood lactate lab

**Week # 8** Designing cardiorespiratory programs, assessing intensity

**Week # 9** Metabolic equations

**Week # 10** Cardiorespiratory programming wrap up, **Exam 2**

**Week # 11** Assessing Muscular fitness, flexibility and balance, designing resistance training programs

**Week # 12** Designing flexibility and balance programs, teaching exercise

**Week # 13** Assessing body composition, designing weight management/body composition programs

**Week # 14** Special Populations

**Final Exam – Wednesday, May 8th, 1:30- 4:15**

*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://oai.gmu.edu/honor-code/].
- 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].

PROFESSIONAL DISPOSITIONS: Students are expected to exhibit professional behaviors and dispositions at all times.

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. [See http://cehd.gmu.edu/values/].