

GEORGE MASON UNIVERSITY
College of Education and Human Development
School of Recreation, Health, and Tourism
Division of Health and Human Performance

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

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

Additional readings as assigned.

OPTIONAL - American College of Sports Medicine, (2005). *Guidelines for Exercise Testing and Prescription (7th edition)*, Lippincott, Williams, and Wilkins.

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

Requirement	Percentage
Exams, 3 @ 15% each	45
Lab Reports, 3@ 10% each	30
Homework, 10@ 2% each	20
Other assignments	5

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 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.

READINGS

Heyward, Chapter 1

Heyward, Chapter 2

Heyward, Chapter 3

Heyward, Chapter 4, Review VO2 Max Lab Protocols on Blackboard

Review field test procedures, Heyward Chapter 4, and Blood Lactate Lab Protocols on Blackboard

Heyward, Chapter 5

Heyward, Chapter 6, 10 and chapter on balance assessment

Heyward Chapter 11 and balance programming

Heyward, Chapter 9

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/>].

