

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

KINE 350-002: Exercise Prescription and Programming (3)
Spring 2013

DAY/TIME:	M/W 3:00-4:15 pm	LOCATION:	Occoquan Building 204
PROFESSOR:	Dr. Charles Robison	EMAIL ADDRESS:	crobis04@gmu.edu
OFFICE LOCATION:	Bull Run Hall 205	PHONE NUMBER:	703-993-7115
OFFICE HOURS:	M/W 1:30- 2:45 pm or by appointment	FAX NUMBER:	703-993-2025

PREREQUISITES

KINE 200, ATEP 300, 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.

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

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 (January 28, 2013) 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)	50
Lab Reports/ Homework	40
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

Week	Topic	Reading/Assignment Due
1	Introduction	
2	Physical Activity, Health and Chronic Disease/ Exercise Adherence	Chapters 1, 3
3	Assessing Cardiorespiratory Fitness/ Submaximal VO ₂ max tests	Chapter 4
4	Electrocardiogram	<i>Submaximal Tests Lab report due</i>
5	VO ₂ max test/ Guidelines for Health	<i>Maximal Test Lab report due</i>
6	Exam 1/ Designing Cardiorespiratory Exercise Programs	Chapter 5
7	Measures of Intensity, Frequency, and Duration	Chapter 5
8	<i>Spring Break</i>	
9	Metabolic Equations/ Progression	
10	Lactate Threshold	<i>Metabolic Equations Homework due</i>
11	Exam 2/ Training Programs	
12	Designing Resistance Training Programs	Chapter 7
13	Designing Weight Management and Body Composition Programs	Chapter 9/ <i>Weight Management Homework due</i>
14	Designing Programs for Flexibility and Low Back Care	Chapter 11
15	Exam 3, Monday, 5/13, 1:30 – 4:15pm	

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.

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/>].

