

GEORGE MASON UNIVERSITY  
College of Education and Human Development  
School of Recreation, Health, and Tourism  
KINE 200 – 002: Principles of Health-Related Fitness (2)  
Fall 2013

|                  |                                |                   |  |
|------------------|--------------------------------|-------------------|--|
| DAY/TIME:        | Mon/Wed<br>1:30-2:45pm         | LOCATION:         | Tue– RAC Cage Gym<br>Thu – RAC 2203                  |
| PROFESSOR:       | Kathleen K. Friend,<br>MS, HFS | EMAIL<br>ADDRESS: | <a href="mailto:kfriend@gmu.edu">kfriend@gmu.edu</a> |
| OFFICE LOCATION: | 220A, Bull Run Hall            | PHONE<br>NUMBER:  | N/A  |
| OFFICE HOURS:    | By appointment                 | FAX NUMBER:       | 703-992-2025   |

**PREREQUISITES:**

BIOL 124, BIOL 125, ATEP 300 (formerly KINE 300)

**COREQUISITES:**

KINE 310

**COURSE CATALOG DESCRIPTION:**

Provides students with basic knowledge and skills associated with exercise training methods, lifting techniques, and health-related fitness testing procedures. Selection of developmentally appropriate exercises emphasized. Participation in fitness tests required.

**NATURE OF COURSE DELIVERY:**

This course will include both lecture and laboratory instruction.

**COURSE OBJECTIVES:**

Upon completion of this course, students should be able to:

1. Demonstrate appropriate technique when performing resistance training exercises;
2. Select developmentally appropriate exercises;
3. Discuss principles associated with resistance training;
4. Administer tests associated with health-related fitness,
5. Perform health-related fitness tests.

**REQUIRED READINGS:**

- Earle, R. W. & Baechle, T. R. Essentials of Personal Training, National Strength and Conditioning and Association. Champaign, IL: Human Kinetics.
- Other readings, posted on Blackboard

**SUGGESTED READINGS:**

- Delavier, F. (2010). *Strength Training Anatomy* (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics.
- Rippetoe, M. (2012). *Starting Strength* (3<sup>rd</sup> ed.). Wichita Falls, TX: The Aasgaard Company.

**COURSE OVERVIEW:**

Students are held to the standards of the George Mason University Honor Code. Students are expected to come to class ready to actively participate and be dressed accordingly. Students will be working in groups and will be expected to administer and perform fitness tests, develop and implement appropriate program design based on test results, and teach and demonstrate proper exercise training technique.

## EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

|                               |                    |              |
|-------------------------------|--------------------|--------------|
| Resistance Training Practical | 15 pts (3 @ 5 pts) |              |
| Fitness Tests                 | 10 pts             |              |
| Presentation                  | 10 pts             |              |
| Program Design                | 15 pts             |              |
| Exam 1                        | 25 pts             |              |
| Final Exam                    | <u>25 pts</u>      | Total 100pts |

## Grading Scale

|               |              |              |             |
|---------------|--------------|--------------|-------------|
| A+ = 98 – 100 | B+ = 88 – 89 | C+ = 78 – 79 | D = 60 – 69 |
| A = 94 – 97   | B = 84 – 87  | C = 74 – 77  | F = 0 – 59  |
| A- = 90 – 93  | B- = 80 – 83 | C- = 70 – 73 |             |

## CLASS POLICIES:

- Attendance is required for success in this class. The student is responsible for any information presented, discussed and assigned in class regardless of whether or not the student is present. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only: Serious illness (doctor's note required); Official university excused absences (with proper documentation **and** prior notification; extenuating circumstances (PRIOR approval should be obtained or direct contact made with the instructor **at least 24 hours** of the event)
- Any student who does not attend the lecture during the initial drop/add phase and has not communicated with me is subject to being administratively dropped from the roster. Roll will be taken up until the last day to add a class only and will not be used in grade calculation.
- You must be able to access Blackboard to download articles and to check Blackboard e-mail. Please check your Blackboard account prior to coming to class. If I am ill or there is a change in the class location, materials required, or meeting time, I will send an e-mail out via blackboard to all of your Mason student accounts.
- Communication: Students are always encouraged to email me to ask additional questions on the material. If necessary, we can communicate by phone or meet before class. However, please attempt to get information/clarification from a fellow student before emailing me with your questions. Do tell me in advance if you are not able to make it to class. If you do email me, I should respond within 2 working days. If you don't hear from me, then I did not get your email - **please follow up!**
- Professionalism: Refine your professional skills by corresponding professionally! All email should begin with "Dear Mrs. Friend" and end with an appropriate closing: "thank you", respectfully", "sincerely", etc.
- Student employment does not take priority over academic obligations. I recognize that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on this subject, please see the GMU student handbook.
- No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the lecture or lab sections UNLESS it is used for notetaking. If the professor/instructor identifies any student using a sound emitting technology for something other than notetaking (e.g., text message, phone calls, instant messaging services, or others) the student will be requested to leave the classroom, and it will count as an absence.

## TENTATIVE COURSE SCHEDULE

| Week/Date          | Monday Lecture                         | Wednesday Activity                            | ASSIGNMENTS   |
|--------------------|--|---|---|
| 1<br>8/26, 8/28    | Intro to KINE 200,<br>Personal Fitness | Fitness testing/Fitnessgram                   | Review syllabus; Review Fitnessgram/ Fitness Test Protocols (Blackboard)      |
| 2<br>9/2, 9/4      | No Class                               | Anatomy Review, Resistance Techniques, Cueing | Read NSCA Chapter 13, review resistance exercise protocols                    |
| 3<br>9/9, 9/11     | Components of Fitness, Adaptations     | Warm up/cool down                             | Read NSCA Chapters 5 and 6  |
| 4<br>9/16, 9/18    | Client Consultations/Assessment        | Squats, bench press, deadlift, overhead press | Read NSCA Chapter 9, Review NSCA Chapters 10 and 11                           |
| 5<br>9/23, 9/25    | Cardio techniques/programming          | Cardio/RPE                                    | Read NSCA Chapters 14 and 16  |
| 6<br>9/30, 10/2    | Core/UST/Body weight exercise          | Core/UST/Body weight exercise                 | Read NSCA Chapter 12<br><b>Presentations</b>                                  |
| 7<br>10/7, 10/9    | Flexibility                            | Warm up/cool down/flexibility                 | Blackboard reading/viewing assignment<br><b>Presentations/Practical</b>       |
| 8<br>10/15*, 10/16 | EXAM                                   | RAC orientation                               | Bring scantron  |
| 9<br>10/21, 10/23  | Presentations                          | Weight Circuit                                | <b>Presentations/Practical</b>  |
| 10<br>10/28, 10/30 | Exercise selection                     | Group training                                | Read NSCA Chapter 15<br><b>Presentations/Practical</b>                        |
| 11<br>11/4, 11/6   | <b>Resistance Programming</b>          | Group training                                | Blackboard reading<br><b>Presentations/Practical</b>                          |
| 12<br>11/11, 11/13 | <b>Resistance Programming</b>          | Group Training                                | Blackboard reading<br><b>Presentations/Practical</b>                          |
| 13<br>11/18, 11/20 | <b>Special Population</b>              | Senior fitness/exercise modification          | Read NSCA Chapters 18 and 19, Review NSCA Chapters 20-23, Blackboard Readings |
| 14<br>11/25, 11/27 | Topics in Personal Training            | <b>Happy Thanksgiving</b>                     | Blackboard reading<br><b>Presentations</b>                                    |
| 15<br>12/2, 12/4   | Final exam                             | <b>Fitness testing/FITNESSGRAM</b>            |   |

*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/policies/responsible-use-of-computing/>].
- 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 BEHAVIOR:** 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.

