

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

KINE 350-002: Exercise Prescription and Programming (3)  
Spring 2014

DAY/TIME:	M/W 3-4:15 pm	LOCATION:	Bull Run Hall 246
PROFESSOR:	Dr. Charles Robison	EMAIL ADDRESS:	crobis04@gmu.edu
OFFICE LOCATION:	Bull Run Hall 205	PHONE NUMBER:	703-993-7115
OFFICE HOURS:	T/Th 10:30-12:00 pm or by appointment	FAX NUMBER:	703-993-2025

PREREQUISITES

KINE 200, ATEP 300, KINE 310, KINE 370

COURSE CATALOG DESCRIPTION

This course provides study of the design and implementation of exercise programs for the general population.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Implement the principles of specificity and progressive overload into exercise program design.
2. Apply the theories of behavior change and motivational strategies to exercise adherence.
3. Apply results of fitness assessments to create fitness programs.
4. Develop single session and long-term fitness training plans for apparently healthy, asymptomatic 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.

Many of the concepts covered in this course will prepare the student to take the American College of Sports Medicine (ACSM) Health Fitness Specialist (HFS) exam; however this is NOT a preparation course for the ACSM-HFS exam.

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 29, 2013) and you need to pay online at:

<http://rht.gmu.edu/course-fees> or you can bring a check to Lindsey Olson in 220 Bull Run Hall. 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 (6<sup>th</sup> edition)*. Champaign, IL: Human Kinetics.

## EVALUATION

Requirement	Percentage
Exams (3) <i>Exams will be T/F, multiple choice and short answer. Each exam will cover approximate one third of the semester's material (Objectives 1,2,3,4)</i>	40
Lab Reports <i>Lab reports will be written in response to each lab activity. Specific questions will be given for students to address (Objective 3)</i>	20
Case Reports/ Homework <i>Case reports and homework will emphasize application of course material into mock-client scenarios (Objectives 1,2,3,4)</i>	30
Participation <i>Attendance will be taken. Students not participating in class activities will be counted as absent (Objectives 1,2,3,4)</i>	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 <sub>2</sub> max tests	Chapter 4
4	Electrocardiogram	<i>Submaximal Tests Lab report due</i>
5	VO <sub>2</sub> max test/ Guidelines for Health	<i>Maximal Test Lab report due</i>
6	<b>Exam 1</b> / Designing Cardiorespiratory Exercise Programs Measures of Intensity, Frequency, and Duration	Chapter 5
7	Metabolic Equations/ Progression	Chapters 5, 4 <i>Metabolic Equations Homework due</i>
8	<i>Spring Break</i>	
9	Lactate Threshold	
10	Training Programs	Reading posted on Blackboard
11	<b>Exam 2</b> / Designing Resistance Training Programs	Chapter 7
12	Designing Resistance Training Programs/	Chapter 7

	Compatibility between aerobic and resistance exercise	
13	Designing Weight Management and Body Composition Programs	Chapter 9
14	HIIT training and weight loss Designing Programs for Flexibility and Low Back Care	Chapter 11/ <i>Weight Management Homework due</i>
15	<b>Exam 3</b> , Monday, 5/12, 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/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.