

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

KINE 370-C01: Measurement and Evaluation of Physical Fitness (3)
Summer 2014

DAY/TIME: MTWR 9:30-11:45am LOCATION: 246 Bull Run Hall (PW)

PROFESSOR: Mr. Chris Dofflemyer OFFICE: 220A Bull Run Hall (PW)

OFFICE HOURS: MTWR 9:00-9:30 PHONE NUMBER: (703) 973-2006
or by appointment

EMAIL ADDRESS: rdoffle1@gmu.edu

PREREQUISITES:

BIOL 124 and 125, ATEP 300 (formerly KINE 300), KINE 310

COURSE CATALOG DESCRIPTION:

Provide students with an opportunity to develop a solid understanding of the assessment and evaluation process used in physical education and exercise science. **This is designated a writing intensive course.**

COURSE OBJECTIVES:

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

1. Apply basic statistical techniques in the analysis of data collected in the assessment process.
2. Develop health-related fitness assessment plans for elementary and secondary school students as well as adult clients in recreational and rehabilitation settings.
3. Develop sport/motor fitness assessments for both elementary and secondary school settings.
4. Identify fitness-related psychological testing protocols.
5. Interpret and apply assessment information by identifying formative and summative fitness, skill, cognitive, and affective measurement and evaluative techniques.

COURSE OVERVIEW:

Material for the course will be drawn from the required textbook and assigned readings of published research. Class lectures will be presented in PowerPoint with handouts posted on Blackboard in advance of class meetings.

- Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given.**

- Attendance - Students are expected to attend all classes. A grade of zero will be assigned to any missed presentation without prior permission from the instructor.
- Classroom Demeanor - Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments. Anyone exhibiting inappropriate behavior may be asked to leave (e.g. sleeping in class, texting). University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.

NATURE OF COURSE DELIVERY

This course will include both lecture and laboratory instruction.

REQUIRED READINGS:

LAWFIT MANUAL (2012 Ed.)

ACSM’s Guidelines for Exercise Testing & Prescription (9th ed), Lippincott, Williams & Wilkins, ISBN: 9781609139551

EVALUATION: Tests (Mid-terms & Final exam) and Written Assignments
 Health-related motor fitness protocol & demonstrations/participation
 Written assignments pertaining to fitness and motor testing

Exam 1	100 points
LawFit scoring sheet	50 points
Exam 2	100 points
5 Practical assessments (Blood pressure, skin calipers, bod pod, step testing, lawfit scoring)	100 points 20 pts each
Exam 3	100 points
Paper	100 points
Exam 4	100 points
Fitness testing pre/post	50 points
Final Exam	150 points
Total	850 points

EXAMS: Exam #1 Material from week 1
 Exam #2 Material from week 2
 Exam # 3 Material from week 3
 Exam #4 Material from week 4
 Final Exam is cumulative

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	

COURSE OUTLINE:

ACSM Text

Week 1	Health Appraisal and Risk Assessment Work Performance Testing Chapter 2 Health status assessment pg. 25 Health-Related and Skill Related Physical Fitness Components Case study Box 2.1 Exercise Testing A. Health History B. Informed Consent C. Fitness Batteries Fitness vs. Work Performance	Chapter 1-3
Exam #1	July 7th	
Week #2	Fitness Assessment Tools and Scoring Protocols A. Normative Data B. Criterion Referenced Data Data Collection: Measures of Central Tendency Measures of Variability & Statistical Analysis	Chapters 5-7
Exam #2	July 14th	
Week #3	Fitness and Its Relationship to Injury Reduction (Occupational Injury Review) Cardio Respiratory Fitness and Exercise prescription	Chapters 8-9
	A. Blood Pressure B. Assigned Readings C. RPE, Target Heart Rate D. Submaximal vs. Maximal Testing	

Exam #3 July 21nd

Week #4 Body Composition Chapters 4, 10-11
A. Body Mass Index
B. Bioelectrical Impedance
C. Skinfold Testing
D. Bod Pod
E. Body Weight Calculations

Sport Skill Testing Protocols

Exam # 4 July 28th

Fitness Post Testing

Final Exam: August 7th 9:30am-11:45am

Note: Faculty reserves the right to alter the schedule as necessary.

Honor Code, Copyright, & Computing Policies: To promote a stronger sense of mutual responsibility, respect, trust, and fairness among all members of the George Mason University community and with the desire for greater academic and personal achievement, we, the student members of the university community, have set forth this honor code: Student members of the George Mason University community pledge not to cheat, plagiarize, steal, or lie in matters related to academic work.

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/>].

