GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
KINE 200 – 001: Principles of Health-Related Fitness (2)
Summer 2014

DAY/TIME: M-Th 12:00-2:15
LOCATION: RAC 2203
INSTRUCTOR: Kathleen K. Friend, MS, HFS
EMAIL ADDRESS: kfriend@gmu.edu
OFFICE LOCATION: 220A, Bull Run Hall
PHONE NUMBER: N/A
OFFICE HOURS: By appointment
FAX NUMBER: 703-992-2025

PREREQUISITES:
BIOL 124, BIOL 125, ATEP 300

COREQUISITES:
KINE 310

COURSE 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.

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.

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 (no jeans on lab days). 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.

NATURE OF COURSE DELIVERY:
This course will include both lecture and laboratory instruction.

REQUIRED READINGS:
• Other readings, posted on Blackboard

SUGGESTED READINGS:
EVALUATION
This course will be graded on a point system, with a total of 100 possible points.
Resistance Training Practicals 15 pts
Fitness Test 5 pts
Presentation 10 pts
Program Design 15 pts
Exam 1 25 pts
Final Exam 25 pts
Participation 5 pts
Total 100 pts

Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>98 – 100</td>
</tr>
<tr>
<td>B+</td>
<td>88 – 89</td>
</tr>
<tr>
<td>C+</td>
<td>78 – 79</td>
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<tr>
<td>D</td>
<td>60 – 69</td>
</tr>
<tr>
<td>A</td>
<td>94 – 97</td>
</tr>
<tr>
<td>B</td>
<td>84 – 87</td>
</tr>
<tr>
<td>C</td>
<td>74 – 77</td>
</tr>
<tr>
<td>F</td>
<td>0 – 59</td>
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<td>A-</td>
<td>90 – 93</td>
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<tr>
<td>B-</td>
<td>80 – 83</td>
</tr>
<tr>
<td>C-</td>
<td>70 – 73</td>
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</tbody>
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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. 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 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 note-taking. Students using technology for something other than note-taking (e.g., text message, phone calls, instant messaging services, or others) will be requested to leave the classroom.
**TENTATIVE COURSE SCHEDULE**  
*Faculty reserves the right to alter the schedule as necessary.*

**KINE 200 SUMMER 2014 SCHEDULE (ASSIGNMENTS IN PARENTHESIS)**

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>5/19-5/22</td>
<td>Intro to KINE 200, Personal Fitness (Review syllabus)</td>
<td>Components of Fitness, Teaching exercise LAB: DYNAMIC WARM UP (View Warmup/Cooldown video on Blackboard)</td>
<td>Anatomy Review, Resistance Techniques, Cueing Adaptations Review LAB: FREE WEIGHT EXERCISES (NSCA Chpts 5 &amp; 6, Review Table 4.2, Chpt 12 pg 266-276)</td>
<td>Client Consultation/Assess (NSCA Chpts 9, 10 &amp; 11)</td>
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<tr>
<td>5/27/29</td>
<td>NO CLASS</td>
<td>LAB: FITNESS TESTING</td>
<td>Cardio techniques/programming, (NSCA Chpts 14 &amp; 16) LAB: CARDIO/RPE</td>
<td>LAB: RAC Orientation; HIIT</td>
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<tr>
<td>6/2-6/5</td>
<td>Core/UST/Body weight exercise (NSCA Chpt 12) LAB: Core/UST/Body weight exercise</td>
<td>Flexibility LAB: Warm up/cool down/myofascial release</td>
<td>Midterm Review</td>
<td>MIDTERM</td>
</tr>
<tr>
<td>6/16-6/19</td>
<td>Special Populations/Obesity (NSCA Chpt 19) LAB: CIRCUIT WORKOUT</td>
<td>Legal aspects/Special Topics</td>
<td>Special Topics PRESENTATIONS</td>
<td>Final Review PRESENTATIONS</td>
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<tr>
<td>6/23-6/25</td>
<td>PRACTICAL</td>
<td>PRACTICAL</td>
<td>PRACTICAL</td>
<td>FINAL/PROJECT DUE</td>
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**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.