

GEORGE MASON UNIVERSITY
 School of Recreation, Health, and Tourism
 Division of Health and Human Performance
 EFHP 611-001: Fitness Assessment: Theory and Practice (3)
 Fall 2015

DAY/TIME:	MW 10:30–11:45 a.m.	LOCATION:	204 Occoquan
PROFESSOR:	Dr. Joel Martin	EMAIL ADDRESS:	jmarti38@gmu.edu
OFFICE LOCATION:	207 Bull Run Hall	PHONE NUMBER:	703-993-7607
OFFICE HOURS:	W 1 – 3 pm Or by appointment	FAX NUMBER:	703-993-2025
Dept. Website	rht.gmu.edu	Class Website:	mymasonportal.gmu.edu

PREREQUISITES:

Graduate standing or permission of the instructor

COURSE CATALOG DESCRIPTION:

Promotes familiarity and proficiency with methods and instrumentation in assessing individual fitness and establishing base for exercise and other lifestyle alternatives to improve fitness.

COURSE OBJECTIVES:

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

1. Assess the following components of fitness:
 - cardiorespiratory endurance
 - muscular fitness
 - body weight and composition
 - flexibility and balance
2. Utilize current American College of Sports Medicine (ACSM) guidelines and National Strength and Conditioning Association (NSCA) recommendations for testing.
3. Evaluate test values according to current norms.
4. Explain the difference between performance and health-related fitness testing.
5. Demonstrate the successful employment of a variety of methods for assessment.
6. Prepare and present research findings on a topic related to a specific area of assessment.
7. Demonstrate the ability to critically review current research and connect findings to topics discussed in class.

COURSE OVERVIEW:

Material for the course will be drawn from the recommended readings.

- Attendance - Students are expected to attend all classes. A grade of zero will be assigned to any missed assignment without prior permission from the instructor. **No late assignments are accepted.**
- Classroom Demeanor - Students are expected to attend all class sections, 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 sound-emitting devices shall be turned off during class unless otherwise authorized.

- Academic Honesty - Students are held to the standards of the George Mason University Honor Code. Students are expected to honestly represent their work. The possible situations when a student could violate these expectations range from incorrectly citing or failing to cite references/footnotes within papers and projects to cheating on an examination or assignment. Academic integrity is the responsibility a student assumes for honestly representing academic work. This includes but is not limited to quizzes, examinations, projects, and other forms of oral and written endeavors.

NATURE OF COURSE DELIVERY:

This course will include both lecture and laboratory instruction.

REQUIRED READINGS:

Heyward, V.H. *Advanced Fitness Assessment and Exercise Prescription (7th edition)*. Human Kinetics, Champaign, Illinois, 2014. ISBN-13: 978-1450466004

RECOMMENDED REFERENCE TEXTS:

Baechle, Thomas R. & Roger Earle (ed.). *Essentials of Strength Training and Conditioning (3rd edition)*. Human Kinetics, Champaign, Illinois, 2008. ISBN-13: 978-0-7360-5803-2

Hoffman, Jay. *Norms for Fitness, Performance, and Health*. Human Kinetics, Champaign, Illinois, 2010. ISBN-13: 978-0-7360-5483-6

Supplementary materials

Supplementary materials will be used in class and posted on BlackBoard/MyMason Portal.

EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via assignments and exams. Performance will be assessed through completion of class activities. Once your FINAL GRADE, at the end of the semester is posted on mymasonportal/blackboard, you will have 24 hours to inquire about it. After that period, your grade will be posted as final on Patriot Web.

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

Assignments	% of Total Grade	Course Objectives
Exam 1	25%	1, 2, 3, 4 & 5
Exam 2	25%	1, 2, 3, 4 & 5
Design of Fitness Testing Protocol for Simulated Client	15%	1, 2, 3 & 5
Research Article Presentation	10%	6 & 7
Assessments & Reflections of Personal Fitness Levels	5%	1, 2, 3, 4 & 5
Class Participation & Attendance	20%	1, 2, 3, 4, 5, 6 & 7
Total	100%	

Exams

There will be **2** Exams. The exams will consist of multiple choice, True/False, fill in the blank, short essay problems and a **practical portion**. The practical portion will require students to demonstrate proper procedures / protocols when administering fitness tests. Students will have a chance to practice administering fitness assessments throughout the semester and will only be tested on assessments covered in class. The practical will take place on the same day as the Mid-Term exams. Examinations represent inquiries regarding student knowledge of fact regarding course content.

Design of Fitness Testing Protocol for Simulated Client

Students will design an appropriate fitness testing for a simulated client. Design of testing protocol should incorporate theory learned in class to assess multiple components of the simulated client's fitness. Based on the simulated client profile groups must select appropriate tests of fitness.

Research Article Presentation

Students will be required to present 1 peer-reviewed research article during the semester. The instructor will assign the article a minimum of 2 weeks prior to the presentation date. Specific presentation guidelines will be given to students.

Assessments and Reflections of Personal Fitness

Students will be required to write an assessment and reflection of their own fitness level at the beginning and end of the semester. The reflection must include comments on the following areas of fitness: movement ability/quality, flexibility, aerobic capacity, anaerobic capacity and power, muscular fitness, speed, coordination, balance and daily energy expenditure.

Class Participation and Attendance

Attendance and participation is **required** for this class. Arriving to class late or leaving early will be count as an absence. Students are expected to show up prepared to class and participate during class activities. Students who know they will need to miss a class for a legitimate reason should contact the instructor before the class. Students who unexpectedly miss a class for an excused reason should contact the instructor within 24 hours of missing the class. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only. Excused absences include: serious illness, official university excused absences and extenuating circumstances. It is the student's responsibility to contact the instructor in order to obtain the make-up work.

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	

Note: * Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

Tentative Course Schedule

Date	Topic	Chapter/Assignment Due Date
Aug 31 ^M	Course Introduction / Principles of Assessment / Health Based Fitness vs. Performance Based Fitness	Heyward: CH 1, 3
Sept 2 ^W	Client Initial Screening	Heyward: CH 2 Articles on Blackboard
Sept 7 ^M	NO CLASS – Labor Day	
Sept 9 ^W	Anthropometry and Body Composition / Demographic Data / Flexibility	Assessment & Reflection of Personal Fitness 1 Due Heyward: CH 8, 10
Sept 14 ^M	Movement Assessment – Posture, Gait, Squatting, Jumping, Landing	Articles on Blackboard
Sept 16 ^W	Functional Movement Screen Overview	Articles on Blackboard
Sept 21 ^M	Functional Movement Screen – Arguments for FMS	
Sept 23 ^W	Functional Movement Screen – Arguments against FMS	
Sept 28 ^M	Corrective Exercise Theory and Application / Common Movement Deficiencies	Articles on Blackboard
Sept 30 ^W	Corrective Exercise Theory and Application / Common Movement Deficiencies	Articles on Blackboard
Oct 5 ^M	Cardiorespiratory Fitness	Heyward: CH 4
Oct 7 ^W	Cardiorespiratory Fitness Program Design	Heyward: CH 5
Oct 13 ^T	Exam 1	
Oct 14 ^W	Anaerobic Power and Capacity	Articles on Blackboard
Oct 19 ^T	Anaerobic Power and Capacity	
Oct 21 ^W	Muscular Strength	Heyward: CH 6
Oct 26 ^M	Muscular Strength	Articles on Blackboard
Oct 28 ^W	Muscular Endurance	Heyward: CH 6
Nov 2 ^M	Muscular Endurance	Articles on Blackboard
Nov 4 ^W	Muscular Fitness Program Design	Heyward: CH 7
Nov 9 ^M	Muscular Fitness Program Design	Articles on Blackboard
Nov 11 ^W	Agility, Speed	Articles on Blackboard

Nov 16 ^M	Core Strength, Endurance, Stability	Articles on Blackboard
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Nov 18 ^W	Balance and Coordination	Heyward: CH 12
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Nov 23 ^M	VO ₂ and Energy Expenditure Estimation	Articles on Blackboard
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Nov 25 ^W	<i>No Class – Thanksgiving Recess</i>	
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Nov 30 ^M	Research Article Presentations	
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Dec 2 ^W	Research Article Presentations	
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Dec 7 ^M	TBD	Design of Fitness Testing Protocol Due
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Dec 9 ^W	Exam 2	Assessment & Reflection of Personal Fitness 2 Due
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Note: The instructor reserves the right to make changes to the course syllabus and/or schedule at any time. Students will always be informed of any changes made.

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.

