

**George Mason University**  
**College of Education and Human Development**  
Kinesiology

KINE 370 003-Exercise Testing and Evaluation  
3 Credits; Fall 2018  
W 4:30-7:10 Colgan Hall 204 – Science and Technology Campus

**Faculty**

Name: Kathryn Helwig  
Office hours: By Appointment  
Office location: TBD  
Office phone: 614-625-8032  
Email address: khelwig@gmu.edu

**Prerequisites/Requisites**

BIOL 124 and 125, ATEP 300, KINE 310

**University Catalog Course Description**

This course provides students with an opportunity to develop a understanding of the assessment and evaluation process in the determination of physical fitness.

**Course Overview**

This course provides students with an opportunity to develop a solid understanding of the assessment and evaluation process used in physical education and exercise science.

**Course Delivery Method**

This course will be delivered using a Lecture and Lab

**Learner Outcomes or Objectives**

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

1. Apply basic statistical analysis of data collected in the assessment process.
2. Develop health-related fitness assessment plans for clients in recreational and rehabilitation settings.
3. Develop sport/motor fitness assessments for work performance programs or clinical setting.
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

### **Professional Standards**

This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine's Knowledge-Skills-Abilities (KSA's):

<b>KSA</b>	<b>Description</b>
	<b>GENERAL POPULATION/CORE: PATHOPHYSIOLOGY AND RISK FACTORS</b>
1.2.2	Knowledge of cardiovascular, pulmonary, metabolic, and musculoskeletal risk factors that may require further evaluation by medical or allied health professionals before participation in physical activity.
	<b>GENERAL POPULATION/CORE: HEALTH APPRAISAL, FITNESS AND CLINICAL EXERCISE TESTING</b>
1.3.2	Knowledge of the value of the health/medical history.
1.3.3	Knowledge of the value of a medical clearance prior to exercise participation.
1.3.4	Knowledge of and the ability to perform risk stratification and its implications towards medical clearance prior to administration of an exercise test or participation in an exercise program.
1.3.5	Knowledge of relative and absolute contraindications to exercise testing or participation.
1.3.6	Knowledge of the limitations of informed consent and medical clearance prior to exercise testing.
1.3.7	Knowledge of the advantages/disadvantages and limitations of the various body composition techniques including but not limited to: air displacement plethysmography (BOD POD <sup>®</sup> ), dual energy X-ray absorptiometry (DEXA), hydrostatic weighing, skinfolds and bioelectrical impedance.
1.3.8	Skill in accurately measuring heart rate, blood pressure, and obtaining rating of perceived exertion (RPE) at rest and during exercise according to established guidelines.
1.3.9	Skill in measuring skinfold sites, skeletal diameters, and girth measurements used for estimating body composition.
1.3.11	Ability to locate the brachial artery and correctly place the cuff and stethoscope in position for blood pressure measurement.
1.3.12	Ability to locate common sites for measurement of skinfold thicknesses and circumferences

	(for determination of body composition and waist-hip ratio).
1.3.13	Ability to obtain a health history and risk appraisal that includes past and current medical history, family history of cardiac disease, orthopedic limitations, prescribed medications, activity patterns, nutritional habits, stress and anxiety levels, and smoking and alcohol use.
1.3.14	Ability to obtain informed consent.
1.3.15	Ability to explain the purpose and procedures and perform the monitoring (HR, RPE and BP) of clients prior to, during, and after cardiorespiratory fitness testing.
1.3.16	Ability to instruct participants in the use of equipment and test procedures.
1.3.17	Ability to explain purpose of testing, determine an appropriate submaximal or maximal protocol, and perform an assessment of cardiovascular fitness on the treadmill or the cycle ergometer.
1.3.18	Ability to describe the purpose of testing, determine appropriate protocols, and perform assessments of muscular strength, muscular endurance, and flexibility.
1.3.19	Ability to perform various techniques of assessing body composition.
1.3.21	Ability to identify appropriate criteria for terminating a fitness evaluation and demonstrate proper procedures to be followed after discontinuing such a test.
1.3.23	Ability to identify individuals for whom physician supervision is recommended during maximal and submaximal exercise testing.
	<b>GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT</b>
1.11.13	Knowledge of the importance of tracking and evaluating health promotion program results.
	<b>CARDIOVASCULAR: PATHOPHYSIOLOGY AND RISK FACTORS</b>
2.2.1	Knowledge of cardiovascular risk factors or conditions that may require consultation with medical personnel before testing or training, including inappropriate changes of resting or exercise heart rate and blood pressure, new onset discomfort in chest, neck, shoulder, or arm, changes in the pattern of discomfort during rest or exercise, fainting or dizzy spells, and claudication.

	<b>PULMONARY: PATHOPHYSIOLOGY AND RISK FACTORS</b>
3.2.1	Knowledge of pulmonary risk factors or conditions that may require consultation with medical personnel before testing or training, including asthma, exercise-induced asthma/bronchospasm, extreme breathlessness at rest or during exercise, bronchitis, and emphysema.
	<b>METABOLIC: PATHOPHYSIOLOGY AND RISK FACTORS</b>
4.2.1	Knowledge of metabolic risk factors or conditions that may require consultation with medical personnel before testing or training, including obesity, metabolic syndrome, thyroid disease, kidney disease, diabetes or glucose intolerance, and hypoglycemia.

### **Required Texts**

ACSM's Guidelines for Exercise Testing and Prescription. 10<sup>th</sup> Edition. Lippincott Williams & Wilkins (2017). ISBN-13: 9781496339065

### **Course Performance Evaluation and Weighing**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

<b>Evaluation Type</b>	<b>Number</b>	<b>Percentage of Grade</b>
Assignments	2	15%
Labs	5	35%
Attendance, Participation, and Professionalism	-----	10%
Exams	2	20%
Final Exam (Cumulative)	1	20%
<b>Total</b>		<b>100%</b>

### **Description of Evaluation**

#### **Assignments**

There will be **2** assignments due during the semester and will pertain to subject matter being covered. Details will be provided during class time.

#### **Labs**

There will be **5** labs due during the semester. These are intended to give students hands-on, practical experience with concepts that are covered in class.

## **Attendance, Participation, & Professionalism**

Your attendance, participation, and professionalism in class will be recorded. Students not participating will be counted as absent.

## **Exams**

Each student will be required to complete two exams and a final exam. The final exam will be cumulative. The format for all exams will be multiple choice, true/false, short essays, and problem-solving questions.

## **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		

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.

## **Professional Dispositions**

Students are expected to exhibit professional behaviors and dispositions at all times.

**Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason, please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

**Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

**Attendance and Participation Evaluation:** Attendance will be documented for all classes.

**Communication** – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

**Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

**Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

**Communication, Responsibility/Accountability, Honesty/Integrity, and Self-Improvement/Self-awareness Evaluation:** Violations will be documented and student will be notified. Each violation will result in the loss of 1 point from final grade

## **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: <http://cehd.gmu.edu/values/>.

## **GMU Policies and Resources for Students**

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The Writing Center 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/>).
- The 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://ssac.gmu.edu/make-a-referral/>.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu>**

## Class Schedule

<u>Date</u>	<u>Topic</u>	<u>Readings/ Assignment Due</u>
August 29	Review syllabus Lecture: Health Related Fitness Components/ P.A Benefits and Risk	ACSM- Ch. 1
September 5	Lecture: Exercise Preparticipation Health Screening/ Pre-Exercise Evaluation (Personal Fitness: Assignment 1)	ACSM- Ch. 2 & 3
September 12	Lecture: Data Collection/ Measures of Central Tendency/Variability (Assignment 2)	
September 19	Lab 1: Blood Pressure & Heart Rate	<b>Assignment 2 Due</b>
September 26	<b>Exam 1 (Material from Weeks 1-4)</b>	<b>Lab 1 Due</b>
October 3	Lecture: Body Composition Lab 2: Body Composition Assessment	ACSM Ch. 4 (Pages 66-79)
October 10	Lecture: Cardiovascular Fitness	<b>Lab 2 Due</b> ACSM Ch. 4 (Pages 79- 94)
October 17	VO2 Max Demo Lab 3: Field Cardiovascular Assessment	
October 24	<b>Exam 2 (Material from Weeks 6-8)</b>	<b>Lab 3 Due</b>
October 31	Lecture: Muscular Strength and Endurance	ACSM Ch. 4 (Pages 94-102)
November 7	Lab 4: Muscular Strength and Endurance Assessment	
November 14	Lecture: Flexibility and Neuromotor Lab 5: Flexibility Assessment and FMS	<b>Lab 4 Due</b> ACSM Ch. 4 (Pages 102-105)



November 21	NO CLASS- HAPPY THANKSGIVING!	
November 28	Lecture: Clinical Exercise Testing/ Functional Exercise Testing	<b>ACSM Ch. 5 Lab 5 Due</b>
December 5	Exam Review/ Skin Caliper, Heart Rate, & Blood Pressure Practice	<b>Personal Fitness: Assignment 1 Due</b>
TBD	<b>Final Exam (Cumulative)</b>	Have a great winter break!

**\* Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.**