George Mason University  
College of Education and Human Development  
Exercise, Fitness and Health Promotion  

EFHP798.001 Army Fitness Research Project  
3 Credits, Spring 2019

Faculty  
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Prerequisites/Corequisites  
Graduate standing or Permission of instructor.

University Catalog Course Description  
Studies problem areas in exercise, fitness, and health promotion research, theory, or practice under direction of faculty member. May be repeated. No more than 3 credits may be earned.

Course Overview  
This independent study course facilitates opportunities for students to engage in-depth self-directed inquiry of a relevant topic or professional experience. The instructor of record will approve the title and focus and provide a final grade for this course.

Course Delivery Method  
This course is delivered through face-to-face and online assignments.

Learner Outcomes or Objectives  
This course is designed to enable students to do the following:  
1. Synthesize the professional literature;  
2. Apply theories, concepts, practices and philosophies gained through both self-directed and guided learning;  
3. Demonstrate the ability to communicate professionally in both written and oral forms

Required Texts  
As directed by course instructor or supervisor.

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

- Assignments and/or Examinations  
  - Data Analysis  
  - Paper Draft 1
Paper Draft 2
- Final Paper Draft and Presentation Due
- Paper Related Documents Submission (e.g. reference library, pdf reference articles, photographs, videos, raw data etc.) and other materials as deemed appropriate by instructor

- **Other Requirements**
  - Weekly meetings with instructor

- **Grading**

<table>
<thead>
<tr>
<th>ASSESSMENT METHOD</th>
<th>POINTS TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Data Analysis</td>
<td>20</td>
</tr>
<tr>
<td>Draft 1</td>
<td>10</td>
</tr>
<tr>
<td>Draft 2</td>
<td>20</td>
</tr>
<tr>
<td>Project Final Draft</td>
<td>30</td>
</tr>
<tr>
<td>Documents</td>
<td>10</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100</strong></td>
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</tbody>
</table>

**Course Grading Scale**
The student's final letter grade will be earned based on the following scale:

- Satisfactory = 75 to 100 Total Points
- Not Satisfactory = less than 75 Total Points

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**
See [https://cehd.gmu.edu/students/policies-procedures/](https://cehd.gmu.edu/students/policies-procedures/)

### Class Schedule

<table>
<thead>
<tr>
<th>We</th>
<th>Date</th>
<th>Topic</th>
<th>Assignment Due Date</th>
</tr>
</thead>
</table>
| 1  | 1/24  | Data Analysis – Present Data & Analysis
  *Use PPT to present data analysis | Data Analysis PPT             |
| 2  | 1/31  | Introductions – writing & feedback   | Draft of Introduction        |
| 3  | 2/7   | Introductions – present & feedback   
  *Use PPT to present introduction | Introduction PPT               |
<p>| 4  | 2/14  | Methods – writing &amp; feedback         | Draft of Methods              |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Task Description</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>2/21</td>
<td>Methods – present &amp; feedback *Use PPT to present methods</td>
<td>Methods PPT</td>
</tr>
<tr>
<td>6</td>
<td>2/28</td>
<td>Results – writing &amp; feedback Abstracts – writing &amp; feedback</td>
<td>Draft of Results</td>
</tr>
<tr>
<td>7</td>
<td>3/7</td>
<td>Results – present &amp; feedback *Use PPT to present results</td>
<td>Data Analysis Due Sunday @ Midnight</td>
</tr>
<tr>
<td>8</td>
<td>3/14</td>
<td>Spring Break</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>3/21</td>
<td>Discussion - writing &amp; feedback</td>
<td>Draft 1 Due Sunday @ Midnight</td>
</tr>
<tr>
<td>10</td>
<td>3/28</td>
<td>Discussion – present &amp; feedback *Use PPT to present discussion</td>
<td>Draft of Discussion</td>
</tr>
<tr>
<td>11</td>
<td>4/4</td>
<td>Journal Selection &amp; Formatting *Come to class with 3 journals to submit study to – be prepared to discuss pros and cons of each</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>4/11</td>
<td>Feedback &amp; Writing Day Developing a poster</td>
<td>Draft 2 Due Sunday @ Midnight</td>
</tr>
<tr>
<td>13</td>
<td>4/18</td>
<td>Poster Feedback</td>
<td>Draft of Poster</td>
</tr>
<tr>
<td>14</td>
<td>4/25</td>
<td>Feedback &amp; Writing Day</td>
<td>Final Draft Due Sunday @ Midnight</td>
</tr>
<tr>
<td>15</td>
<td>5/2</td>
<td>Practice Presentations</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>5/9</td>
<td>Final Presentations</td>
<td>Final Documents, Presentation Due</td>
</tr>
</tbody>
</table>

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

**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/](http://cehd.gmu.edu/values/).

**GMU Policies and Resources for Students**

**Policies**

• 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 or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to http://coursessupport.gmu.edu/.

• For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

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