

**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**

Name: Dr. Joel Martin  
Office hours: By appointment  
Office location: 207 Bull Run Hall, Science & Technology Campus  
Office phone: 703-993-7607  
Email address: jmarti38@gmu.edu

**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**

<b>ASSESSMENT METHOD</b>	<b>POINTS TOTAL</b>
Data Analysis	20
Draft 1	10
Draft 2	20
Project Final Draft	30
Documents	10
<b>TOTAL</b>	<b>100</b>

### **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/polices-procedures/>

### **Class Schedule**

<b>We</b>	<b>Date</b>	<b>Topic</b>	<b>Assignment Due Date</b>
<b>1</b>	1/24	Data Analysis – Present Data & Analysis *Use PPT to present data analysis	Data Analysis PPT
<b>2</b>	1/31	Introductions – writing & feedback	Draft of Introduction
<b>3</b>	2/7	Introductions – present & feedback *Use PPT to present introduction	Introduction PPT
<b>4</b>	2/14	Methods – writing & feedback	Draft of Methods

5	2/21	Methods – present & feedback *Use PPT to present methods	Methods PPT
6	2/28	Results – writing & feedback Abstracts – writing & feedback	Draft of Results
7	3/7	Results – present & feedback *Use PPT to present results	<b>Data Analysis Due Sunday @ Midnight</b>
8	3/14	<i>Spring Break</i>	
9	3/21	Discussion - writing & feedback	<b>Draft 1 Due Sunday @ Midnight</b>
10	3/28	Discussion – present & feedback *Use PPT to present discussion	Draft of Discussion
11	4/4	Journal Selection & Formatting *Come to class with 3 journals to submit study to – be prepared to discuss pros and cons of each	
12	4/11	Feedback & Writing Day Developing a poster	<b>Draft 2 Due Sunday @ Midnight</b>
13	4/18	Poster Feedback	Draft of Poster
14	4/25	Feedback & Writing Day	<b>Final Draft Due Sunday @ Midnight</b>
15	5/2	Practice Presentations	
16	5/9	<b>Final Presentations</b>	<b>Final Documents, Presentation Due</b>

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/>.

## GMU Policies and Resources for Students

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> <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://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/> .**