

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

EFHP598.002 Sport and Exercise Recovery
3 Credits, Fall 2019

Faculty

Name: Dr. Rick Rosa
Office hours: By appointment
Office location: Not applicable
Office phone: Not applicable
Email address: rrosa2@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.

Course Overview

The science of recovery continues to grow from basic science to clinical treatment protocols. This course will cover the six pillars of sports and exercise recovery. 1. Awareness of state 2. Rest 3. Play 4. Nutrition, 5. Physical and 6. Psychological. The six-pillars philosophy brings together all the aspects of recovery and provides a well-rounded, holistic approach. We will look at what is well established science, on the fringe and what actually may hurt athletes and patients.

Course Delivery Method

This course is delivered through face to face meetings with the course instructor.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Describe factual information and basic concepts in recovery
2. Demonstrate an understanding of concepts related to recovery sports and exercise.
3. Describe the core concepts related to recovery sports and exercise.
4. Implement and apply the six pillars of recovery to help athletes and people exercising.
5. Critically analyze of what is helpful and harmful to athletes
6. Evaluate articles related to recovery and be able to create, analyze and give opinions based on what they have learned in class.

Required Texts

None

Readings

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 Examinations**

- **Mid-Term Exams – 60 points**

- Each student will be required to complete two mid-term exams. Examinations represent inquiries regarding student knowledge of fact regarding course content. Examinations demonstrate that the student can remember and apply facts as well as demonstrate a hierarchy of knowledge information.

- **Assignments – 30 points**

- There will be several assignments due throughout the semester. The major assignments will require you to present an article to the class, critically evaluate a program and educate your peers on a topic. The instructor will provide details of each assignment during the semester.

- **Participation & Professional Behavior – 10 Points**

- This portion of the grade will be determined by the course instructor.

- **Attendance**

- Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

- **Professional Behavior**

- EFHP students are expected to exhibit professional behaviors and dispositions at all times. Depending upon the setting professionalism may appear different, but typically consists of similar components. For EFHP graduate students in a classroom setting, professionalism generally comprises the following components: attendance, communication, demeanor, responsibility and accountability for actions, and self-awareness.

- **Alternate Schedule**

- This course may have professionals from the field as guest speakers. Due to their professional responsibilities, guest speakers may not be able to attend a scheduled class time. Therefore, this course may require meeting outside of regularly scheduled class times and/or travel to sites off campus. Students will be informed of such meetings one week in advance of the scheduled

class meeting. Students will be expected to arrange transportation to and from the meeting site.

▪ **Academic Load**

- Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for late arrivals, missed classes, or incomplete assignments. Employment must not take priority over academic responsibilities. For additional information on this subject, please see the GMU Academic Catalog (http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance). Students failing to observe these guidelines should expect no special consideration for academic problems arising from the pressures of employment.

▪ **Honor Code**

- Students are held to the standards of the George Mason University Honor Code (see <http://honorcode.gmu.edu> for details). Violations, including cheating and plagiarism, will be reported to the Honor Committee. Student assignments may be put through plagiarism detecting software.

▪ **Technology Use During Class**

- As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.

▪ **E-mail Correspondence**

Only messages that originate from a George Mason University address will be accepted. Please address the subject line for all email pertaining to this course as: *EFHP 598: Last Name – purpose of email*. The following is an appropriate professional format:

Subject: EFHP 598: Help with (fill in blank)

Dear Dr. Rosa (*Introductory salutation*)

I have a question regarding one of the assignments. (*Text body*)

Regards, (*Ending Salutation*)

Mr./Mrs. Student (*Your name*)

- **Grading**

A. Written Examinations

Exam 1 30%

Exam 2 30%

B. Assignments 30%

C. Participation & Professional Behavior 5%

Total 100%

Course Grading Scale

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

Grade	Percentage
A	94 – 100%
A-	90 – 93%
B+	88 – 89%
B	84 – 87%
B-	80 – 83%
C	70 – 79%
F	0 – 69%

Note: Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program.

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Week / Date	Topic	Chapter/Assignment Due
1 / Aug 27	Introduction	
2 / Sept 3	Awareness of state – fatigue, stress sickness	Notes on Blackboard
3 / Sept 10	Awareness of state- fatigue, stress sickness.	Notes on Blackboard
4 / Sept 17	Rest- Sleep	Notes on Blackboard
5 / Sept 24	Rest Naps- Meditation Guest speaker Dr. John Rosa on The Opioid Epidemic and sports	Notes on Blackboard
6 / Oct 1	Play-Life Balance, Hobbies, laughter Midterm Review	Notes on Blackboard
7 / Oct 8	Exam 1	Midterm
8 / Oct 15	<i>No Class – Columbus Day</i>	Notes on Blackboard
9 / Oct 22	Nutrition-Testing -Food and Diet Guest Speaker Functional Nutrition	Notes on Blackboard
10 / Oct 29	Nutrition-Supplements	Notes on Blackboard
11 / Nov 5	Physical – Chiropractic-Physical Therapy- Strength and condition, Massage etc	Notes on Blackboard
12 / Nov 12	Physical - Modalities Guest speaker Tony Brady on Training professional athletes	Notes on Blackboard
13 / Nov 19	Psychological – Fatigue and psychological testing	Notes on Blackboard
14 / Nov 26	Psychological- Sports psychology, Mindset, visitation	Notes on Blackboard
15 / Dec 3	Review	
Dec 17	Exam 2: 10:30 am – 1:15 pm	Final Paper Due

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/>).
- 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/> .