

George Mason University
College of Education and Human Development
Masters in Kinesiology

KINE 602. 002 – Human Movement and Performance Assessment
3 Credits, Spring 2022

Thursday: 10:30 -11:45 am - 246 Katherine Johnson Hall – Science and Technology Campus

Faculty

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Prerequisites/Corequisites

Admission to the Kinesiology MS graduate program or approval of course instructor.

University Catalog Course Description

Covers common movement and fitness assessments that can be used to develop an individualized exercise program for various populations across the lifespan and ability level.

Course Overview

The course covers common movement and fitness assessments used by professionals in the field. The fitness testing guidelines utilized are recommended by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). Upon completion of the course students will be able to perform a thorough movement and fitness assessment of a healthy client and interpret the results to inform exercise recommendations.

Course Delivery Method

This course will be delivered using lecture, lab, seminar formats and hybrid online formats.

Learner Outcomes or Objectives

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

1. Describe and explain the differences between performance and health-related fitness testing.
2. Apply evidence-based methods, techniques and instrumentation for fitness and movement assessment in the field of kinesiology.
3. Design an individualized movement and fitness assessment for the purpose of prescribing exercises that would be appropriate to include in an exercise program.
4. Evaluate current research related to movement and fitness assessment.

Required Texts

Cook, G. *Movement*. On Target Publications, Aptos, CA, 2015. ISBN-13: 978-1905367337

Miller, T. *NSCA's Guide to Tests and Assessments*. Human Kinetics, Champaign, IL, 2012. ISBN-13: 9780736083683

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**

- **Online Assignments**

- Following each class meeting there will be an on-line component via BB you will be responsible for completing. This may include but is not limited to: reflection, data analysis and discussion, article review and critical appraisal, short answer problems.

- **Research Project**

- Students will propose a research question associated with the movement and fitness assessment data collected. The project will include a research question proposal, abstract and presentation. The question does not need to be novel as the intent is to go through the process of developing a question, collecting data, analyzing and interpreting data that addresses the original question. A detailed assignment description will be provided to students.

- **Article Summary & Presentation**

- Students will summarize and present key findings from an approved peer-reviewed and evidence-based research article. Students will be expected to “teach” their peers the connection the article has to the course content and how the findings may impact their practice. Students will submit a Kaltura or YouTube video link of the presentation. A detailed assignment description will be provided to students.

- **Professionalism & Participation**

- 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. Since this course requires significant active participation, students must be dressed in appropriate fitness wear during all class sessions. Attendance documented at the start of the class. Thus showing up late to class will also be counted as an absence. A student who has more than 3 unexcused absences will not pass the course.

- **Other Requirements**

- **Group & Partner Work**

- This course requires working with other students for several major assignments. It is expected that students share the work equally. In the event this does not occur the course instructors may choose to grade students individually. This will be done at

the discretion of the instructors and method of determining individual student grades will be done on a case by case basis.

○ **Classroom Behavior**

- MS Kinesiology students are expected to behave in a professional manner. Unprofessional behaviors include, but are not limited to: speaking out of turn, body language, inappropriate language, etc. If students engage in behavior that disrupts the learning of other students they will be asked to leave. Students repeatedly displaying disruptive behaviors (i.e. not demonstrating professional growth to improve) will not pass the course.

○ **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.

○ **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 (<https://catalog.gmu.edu/policies/academic/registration-attendance/#ap-1-2>). 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.

○ **Written Assignments**

- All assignments must be typed in Microsoft Word, and formatted as follows (*unless otherwise specified*): double spaced, 12 point Times New Roman font, 1 inch margins, your name and title in the running header at top left had corner, continuous line numbers on left margin, and page numbers centered in footer. Failure to comply with any or all parts of this format will result in an unacceptable assignment, which corresponds to zero (0) points.
- Pay close attention to spelling and grammar as these will count towards your grade on written assignments. American Medical Association Manual (AMA) of Style (10th

edition) format must be used for all written work in this class (e.g., in referencing, creation of tables, and formatting headers for paper sections).

- Assignments must be turned in on Blackboard/MyMason Portal by the beginning of class on the specified date due (*unless otherwise specified*). No late assignments will be accepted. It is recommended that students keep copies of all submitted work.
- **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: *KINE 602: Last Name – purpose of email*. The following is an appropriate professional format:

Subject: KINE 602

Dear Dr. Name, (*Introductory salutation*)

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

Regards, (*Ending Salutation*)

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

Note: All email will be responded to in the order in which it is received. Students should allow 48 hours for a response.

- **Grading**

Assessments	% of Total Grade	Course Objectives
Online Assignments & Quizzes	40%	1, 2, 3, 4, 5, 6, 7 & 8
Research Project	40%	7 & 8
Article Summary & Presentation	10%	1, 2, 3, 4, 5, 6, 7 & 8
Professional Participation	10%	1, 2, 3, 4, 5, 6, 7 & 8
Total	100%	

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 and present a 3.00 GPA on the courses listed on the graduation application.

Professional Dispositions

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

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

Class Schedule

Week / Date	Topic	Chapter/Assignment Due
1 / Jan 27	Overview of Course Introduction to Movement Screens	Before Class - Article/Videos on Blackboard Movement Text Chapter 1 Online Assignment #1 Due Midnight Jan 30
2 / Feb 3	Regional Interdependence Theory NASM Movement Screens	Before Class - Articles/Videos on Blackboard Movement Text Chapter 2
3 / Feb 10	Regional Interdependence Theory NASM Movement Screens	Online Assignment #2 Due Midnight Feb. 13
4 / Feb 17	Gray Cook Theory & Movement Screens, and Y Balance Test	Before Class - Movement Text Chapters 3-6,9 Articles/Videos on Blackboard
5 / Feb 24	Gray Cook Theory & Movement Screens, and Y Balance Test	Online Assignment #3 Due Midnight Feb. 27
6 / Mar 3	Corrective Exercise Framework Assessment of Dysfunctional Breathing	Before Class - Movement Text Chapters 10-14 Articles/Videos on Blackboard
7 / Mar 10	Corrective Exercise Framework Assessment of Dysfunctional Breathing	Online Assignment #4 Due Midnight March 13 Article Summary and Presentation Due Midnight March 13
8 / Mar 17	No Class – Spring Break	
9 / Mar 24	Basic Concepts in Fitness Testing / Anthropometry, Resting Measures and Body Composition	Before Class - Articles on Blackboard NSCA Chapters 1-3
10 / Mar 31	Basic Concepts in Fitness Testing / Anthropometry, Resting Measures and Body Composition	Online Assignment #5 Due Midnight April 3
11 / Apr 7	Metabolic system testing	Before Class - Articles on Blackboard NSCA Chapters 4, 5, 6 & 9 Research Proposal Due Midnight April 10

12 / Apr 14	Metabolic system testing	Online Assignment #6 Due Midnight April 17
13 / Apr 21	Performance testing	Before Class - Articles on Blackboard NSCA Chapters 7, 8, 9, 10
14 / Apr 28	Performance testing	Online Assignment #7 Due Midnight May 1
15 / May 5	Research project workday / class make-up day	
Finals / May 12	Research Project Presentation	Research Project Abstract Due May 13 at Midnight

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 <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments> . Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or

Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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