

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

PHED 365 - Measurement and Evaluation of Physical Fitness  
Spring 2011

DAY/TIME: M/W: 10:30 – 11:45 AM LOCATION: RAC 2203  
PROFESSOR: Dr. Dave Bever  
OFFICE: RAC 2107 OFFICE HOURS: MW 2:00-3:30 pm & By APPT.  
PHONE NUMBER: (703) 993-2071 FAX NUMBER: (703) 993-2126  
EMAIL ADDRESS: dbever@gmu.edu

PREREQUISITES: Completion of Biology 124 and 125

COURSE DESCRIPTION:

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. **This is designated a writing intensive course.**

COURSE OBJECTIVES:

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

1. Apply basic statistical techniques in the analysis of data collected in the assessment process.
2. Develop health-related fitness assessment plans for students as well as adult clients.
3. Develop sport / motor fitness assessments for school and work settings.
4. Identify fitness- related psychological testing protocols.
5. Interpret and apply assessment information by identifying formative and summative evaluative techniques.

REQUIRED READINGS: **Nieman, David C. , Exercise Testing and Prescription, 6<sup>th</sup> ed., McGraw – Hill Higher Education, New York, NY, 2007.**

EVALUATION: 50% Tests (Mid-term, Final Exam & Quizzes)  
30% Health-related motor fitness protocols & demonstrations / Participation  
20% Written assignments pertaining to fitness and motor testing

EXAMS: Weekly Quizzes  
Exam #1: Material from weeks 1-7  
Exam #2: Final Exam: Material from weeks 9-14

## EVALUATION SCALE:

A = 94-100 A- = 90-93 B+ = 88-89 B = 84-87 B- = 80-83  
C+ = 78-79 C = 74-77 C- = 70-73 D = 60-69 F= 0-59

## COURSE OUTLINE:

### WEEK #

1	Syllabus and Chapter 1
2	Fitness Testing (Chapters 2 & 3)
3	Testing cont. / Musculoskeletal Fitness (Chapter 6)
4	Data Collection / Measures of Central Tendency
5	Data Collection Continued / Statistical Analysis
6	Work Performance Testing
7	Sport Skill Testing--- Paper Assigned
8	Exam # 1 <b>SPRING BREAK (14-20 March 2011)</b>
9	Cardiorespiratory Fitness (Chapters 4 & 7)
10	CV Testing
11	Body Composition (Chapter 5)
12	Peer-Related Body Fat Testing
13	Agility and Balance Testing Protocols (Chapter 8)
14	Effects of Exercise & Exercise Prescription (Chapters 7 & 14)
15	Fitness Post-Testing / WPT Paper Due
16	<b>Final Exam</b> <b>Wednesday 11 May 2011: 10:30 AM – 1:15 PM</b>

**\*\*\* No cell phones are to be used during exams; you must have a hand-held calculator. Remember: The GMU Honor Code states: Don't cheat the Dr.!**