

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

KINE 370/PHED 365: Measurement and Evaluation of Physical Fitness (3)  
Fall 2011

DAY/TIME: Monday, 4:30 – 7:10pm      LOCATION: FX 2203  
Recreation/Athletic  
Center

PROFESSOR: Dr. Charles Robison      EMAIL ADDRESS: crobiso4@gmu.edu

OFFICE LOCATION: PW 210 Bull Run Hall      PHONE NUMBER: 703-993-7115

OFFICE HOURS: T TH 1:00 – 3:00pm,  
or by appointment      FAX NUMBER: 703-993-2025

PREREQUISITES:  
BIOL 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.

**COURSE OVERVIEW:**

Material for the course will be drawn from the required textbook and assigned readings of published research. Class lectures will be presented in PowerPoint with handouts posted on Blackboard in advance of class meetings.

- Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given.**
- Attendance - Students are expected to attend all classes. A grade of zero will be assigned to any missed presentation without prior permission from the instructor.

- Classroom Demeanor - Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments. Anyone exhibiting inappropriate behavior may be asked to leave (e.g. sleeping in class, texting). University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.
- Academic Honesty - All students are held to the standards of the George Mason University Honor Code. Students are expected to honestly represent their work. The possible situations when a student could violate these expectations range from incorrectly citing or failing to cite references/footnotes within papers and projects to cheating on an examination or assignment. Academic integrity is the responsibility a student assumes for honestly representing all academic work. This includes but is not limited to quizzes, examinations, projects, and all other forms of oral and written endeavors.
- Accommodation Planning - Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu> ]

**REQUIRED READINGS:**

Nieman, David C. (2007). *Exercise Testing and Prescription, 6th ed.*, McGraw – Hill Higher Education, New York, NY.

**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

**Final Exam:**

4:30 – 7:15, Monday, 12/19

**Grading Scale**

A	= 93.5 – 100	B+	= 87.5 – 89.4	C+	= 77.5 – 79.4	D	= 59.5 – 69.4
A-	= 89.5 – 93.4	B	= 82.5 – 87.4	C	= 72.5 – 77.4	F	= 0 – 59.4
		B-	= 79.5 – 82.4	C-	= 69.5 – 72.4		

## Tentative Course Schedule

Date	Topic	Readings/Assignments Due
8/29	Course Introduction, Chapter 1	
9/5	<i>No Class- Labor Day</i>	
9/12	Fitness Testing	Chapters 2 & 3
9/19	Testing cont. / Musculoskeletal Fitness	Chapter 6
9/26	Data Collection / Measures of Central Tendency	
10/3	Data Collection Continued / Statistical Analysis	
10/10	<u>Class will meet Tuesday, 10/11</u> due to Columbus Day recess Work Performance Testing	
10/17	Sport Skill Testing--- Paper Assigned	
10/24	<b>Exam 1</b>	
10/31	CV Fitness and Testing	Chapters 4 & 7
11/7	Body Composition	Chapter 5
11/14	Peer-Related Body Fat Testing	
11/21	Agility and Balance Testing Protocols	Chapter 8
11/28	Effects of Exercise & Exercise Prescription	Chapters 7 & 14
12/5	Fitness Post-Testing / WPT Paper Due	
12/19	<b>Final Exam</b> , 4:30-7:15, Monday, December 19 <sup>th</sup>	

*Note: Faculty reserves the right to alter the schedule as necessary.*



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- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See [ods.gmu.edu](http://ods.gmu.edu)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>