

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

KINE 350: Cardiorespiratory Training and Conditioning: Concepts and Applications
Spring 2012 (3)

DAY/TIME: M-W 1:30-2:45 pm LOCATION: Occoquan Building 204
PROFESSOR: Dr. Charles Robison EMAIL ADDRESS: crobiso4@gmu.edu
OFFICE LOCATION: Bull Run Hall 210 PHONE NUMBER: 703-993-7115
OFFICE HOURS: Monday 3:00- 4:30 pm FAX NUMBER: 703-993-2025
or by appointment

PREREQUISITES
KINE 301, KINE 310

COURSE DESCRIPTION

This course provides students with an opportunity to develop an understanding of the assessment and evaluation process used in cardio-respiratory training and anaerobic conditioning for healthy, athletic, and symptomatic populations.

COURSE OBJECTIVES

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

1. Assess exercise risk for healthy, athletic, and symptomatic clients.
2. Utilize a variety of fitness tests to measure the aerobic capacity of clients.
3. Demonstrate knowledge of evidence-based practice in regard to aerobic and anaerobic training for healthy, athletic, and symptomatic clients.
4. Develop aerobic fitness training plans for healthy, athletic, and symptomatic clients.

COURSE OVERVIEW

Students are held to the standards of the George Mason University Honor Code. This course will include both lecture and laboratory instruction. Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**.

Since this course requires significant active participation, students must be dressed in appropriate fitness wear during some class sessions. Notification will be given when active dress is required.

NATURE OF COURSE DELIVERY

This course will include both lecture and laboratory instruction.

REQUIRED READINGS:

Heyward, V.H. (2010). *Advanced fitness assessment and exercise prescription (6th edition)*. Champaign, IL: Human Kinetics.

EVALUATION

Requirement	Percentage
Exams (3)	40
Lab Reports	20
Case Reports/ Homework	30
Participation	10

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

Week # 1 Review of Cardiovascular Exercise Physiology

Week # 2 Health and Performance Aspects of Cardiorespiratory Fitness

Week # 3 Assessing Cardiorespiratory Fitness

Week # 4 Electrocardiogram- Lab Day

Week # 5 VO₂ max test- Lab Day

Week # 6 Exam 1

Week # 7 Submaximal VO₂ max tests

Week # 8 Designing Cardiorespiratory Exercise Programs

Week # 9 Guidelines for Health

Week # 10 Metabolic Equations, Exam 2

Week # 11 Overweight/Obesity, Cardiac Patient

Week # 12 Cancer Patient, Diabetic Patient

Week # 13 Elderly, Pregnant Women

Week # 14 Children, Exam 3

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

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

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.

