

GEORGE MASON UNIVERSITY
College of Education and Human Development
School of Recreation, Health, and Tourism
KINE 200 – 001: Principles of Health-Related Fitness (2)
Spring 2013

DAY/TIME:	Tue/Thu 1:30-2:45pm	LOCATION:	Tue – RAC - Cage Gym Thu – RAC 2203
PROFESSOR:	Kathleen K. Friend, MS, HFS	EMAIL ADDRESS:	kfriend@gmu.edu
OFFICE LOCATION:	N/A	PHONE NUMBER:	N/A
OFFICE HOURS:	By appointment	FAX NUMBER:	703-992-2025

PREREQUISITES:

BIOL 124, BIOL 125, ATEP 300 (formerly KINE 300)

COREQUISITES:

KINE 310

COURSE CATALOG DESCRIPTION:

Provides students with basic knowledge and skills associated with exercise training methods, lifting techniques, and health-related fitness testing procedures. Selection of developmentally appropriate exercises emphasized. Participation in fitness tests required.

NATURE OF COURSE DELIVERY:

This course will include both lecture and laboratory instruction.

COURSE OBJECTIVES:

Upon completion of this course, students should be able to:

1. Demonstrate appropriate technique when performing resistance training exercises;
2. Select developmentally appropriate exercises;
3. Discuss principles associated with resistance training;
4. Administer tests associated with health-related fitness,
5. Perform health-related fitness tests.

REQUIRED READINGS:

- Delavier, F. (2010). *Strength Training Anatomy* (3rd ed.). Champaign, IL: Human Kinetics.
- Earle, R. W. & Baechle, T. R. *Essentials of Personal Training*, National Strength and Conditioning and Association. Champaign, IL: Human Kinetics.
- Other readings, posted on Blackboard

COURSE OVERVIEW:

Students are held to the standards of the George Mason University Honor Code. Students are expected to come to class ready to actively participate and be dressed accordingly. Students will be working in groups and will be expected to administer and perform fitness tests, develop and implement appropriate program design based on test results, and teach and demonstrate proper exercise training technique.

EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

Resistance Training Practical	20 pts	
Fitness Tests	10 pts	
Presentation	10 pts	
Program Design	20 pts	
Exam 1	20 pts	
Final Exam	20 pts	Total 100pts

Grading Scale

A+ = 98 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A = 94 – 97	B = 84 – 87	C = 74 – 77	F = 0 – 59
A- = 90 – 93	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE

Week/Date	Tuesday Activity	Thursday Lecture	ASSIGNMENTS
1 Jan 22	Intro to KINE	Intro to KIN 200	Review syllabus; Review Fitnessgram Test Protocols (Blackboard)
2 Jan 29	FITNESSGRAM (GYM)	Benefits of Physical Activity/Components of Fitness	Blackboard Readings
3 Feb 5	RAC Orientation/Legs (GYM)	Joint Actions/Muscles	Read NSCA Chapter 4; Review Delavier 189-192, 122-169
4 Feb 12	Chest/Back (GYM)	Resistance Techniques/Cueing	Read NSCA Chapter 13, Review Delavier 61-154
5 Feb 19	Assessments (GYM)	Client Assessments	NSCA Chapter 9, 10, 11
6 Feb 26	Shoulders/arms (GYM)	Program Design	Read NSCA Chapter 15, Review Delavier 4-60
7 Mar 5	Resistance Circuit	Program Design	NSCA Chapter 15
8 Mar 19	Resistance Circuit	Exam	
9 Mar 26	Cardio circuit	Cardiovascular Techniques/Programming/Presentations	NSCA Chapter 14, 16
10 Apr 2	Body Weight/Core/UST (GYM)	Body Weight/Core/UST/Presentations	Read NSCA Chapter 12, review Delavier 170-188
11 Apr 9	Resistance Practical	Flexibility/Presentations	NSCA Chapter 12
12 Apr 16	Resistance Practical	Special Populations/Presentations	NSCA Chapters 18
13 Apr 23	Resistance Practical	Special Populations/Presentations	NSCA Chapters 19, 20
14 Apr 30	Fitnessgram (GYM)	Final	

Faculty reserves the right to alter the schedule as necessary.

CLASS POLICIES:

- Attendance is required for success in this class. The student is responsible for any information presented, discussed and assigned in class regardless of whether or not the student is present. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only:
 - a.) Serious illness (doctor's note required)
 - b.) Official university excused absences (with proper documentation **and** prior notification)
 - c.) Extenuating circumstances (PRIOR approval should be obtained or direct contact made with the instructor **at least 24 hours** of the event)
- Any student who does not attend the lecture during the initial drop/add phase and has not communicated with me is subject to being administratively dropped from the roster. Roll will be taken up until the last day to add a class only and will not be used in grade calculation.
- You must be able to access Blackboard to download articles and to check Blackboard e-mail. Please check your Blackboard account prior to coming to class. If I am ill or there is a change in the class location, materials required, or meeting time, I will send an e-mail out via blackboard to all of your Mason student accounts.
- Students are always encouraged to email me to ask additional questions on the material or to just check-in about anything. If necessary, we can communicate by phone or meet before class. If you email me, I should respond within 2 working days. If you don't hear from me, then I did not get your email - **please follow up to make sure we are communicating effectively!**
- Student employment does not take priority over academic obligations. I recognize that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on this subject, please see the GMU student handbook.
- No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the lecture or lab sections UNLESS it is used for notetaking. If the professor/instructor identifies any student using a sound emitting technology for something other than notetaking (e.g., text message, phone calls, instant messaging services, or others) the student will be requested to leave the classroom, and it will count as an absence.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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.

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/>].

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

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. [See <http://cehd.gmu.edu/values/>].

