

George Mason University
College of Education and Human Development
Kinesiology

KINE 200 (001) — Introduction to Personal Training
3 Credits, Spring 2017
M, W 12:00PM – 1:15PM, RAC 2203 M; RAC 1200A W– Fairfax Campus

Faculty

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PREREQUISITES/COREQUISITES

BIOL 124, BIOL 125, ATEP 300, KINE 310

UNIVERSITY CATALOG COURSE 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.

COURSE OVERVIEW

Lecture and lab experiences are used to introduce the following topics: relationship between fitness and quality of life; health related components of physical fitness; principles of exercise prescription and physical training; relationship between exercise, and healthy body composition; basic musculoskeletal anatomy and corresponding training exercises, planes of movement, basic biomechanical principles; lifting techniques; fitness testing.

COURSE DELIVERY

The course is a mix of a lecture, laboratory and discussion course. However, other approaches may be used to facilitate learning. These include: videos, demonstrations and in-class activities. Overall this will be a highly interactive class and students will be encouraged to participate.

LEARNING 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.

PROFESSIONAL/ACCREDITATION STANDARDS

This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and upon completion of this course, students will have met the following American College of Sports Medicine's Knowledge-Skills-Abilities (KSA's):

| KSA | Description | Lecture, Lab, or both |
|------------|---|------------------------------|
| | GENERAL POPULATION/CORE: EXERCISE PHYSIOLOGY AND RELATED EXERCISE SCIENCE | |
| 1.1.37 | Knowledge of and skill to demonstrate exercises designed to enhance muscular strength and/or endurance of specific major muscle groups. | Both |
| 1.1.38 | Knowledge of and skill to demonstrate exercises for enhancing musculoskeletal flexibility. | Both |
| | GENERAL POPULATION/CORE: HEALTH APPRAISAL, FITNESS AND CLINICAL EXERCISE TESTING | |
| 1.3.1 | Knowledge of and ability to discuss the physiological basis of the major components of physical fitness: flexibility, cardiovascular fitness, muscular strength, muscular endurance, and body composition. | Lecture |
| 1.3.16 | Ability to instruct participants in the use of equipment and test procedures. | Lab |
| 1.3.21 | Ability to identify appropriate criteria for terminating a fitness evaluation and demonstrate proper procedures to be followed after discontinuing such a test. | Both |
| | GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING | |
| 1.7.4 | Knowledge of specific group exercise leadership techniques appropriate for working with participants of all ages. | Lecture |
| 1.7.5 | Knowledge of how to select and/or modify appropriate exercise programs according to the age, functional capacity and limitations of the individual. | Lecture |
| 1.7.6 | Knowledge of the differences in the development of an exercise prescription for children, adolescents, and older participants. | Lecture |
| 1.7.7 | Knowledge of and ability to describe the unique adaptations to exercise training in children, adolescents, and older participants with regard to strength, functional capacity, and motor skills. | Lecture |
| 1.7.8 | Knowledge of common orthopedic and cardiovascular considerations for older participants and the ability to describe modifications in exercise prescription that are indicated. | Lecture |
| 1.7.15 | Knowledge of the components incorporated into an exercise session and the proper sequence (i.e., preexercise evaluation, warm-up, aerobic stimulus phase, cool-down, muscular strength and/or endurance, and flexibility). | Lecture |
| 1.7.19 | Knowledge of the exercise programs that are available in the community and how these programs are appropriate for various populations. | Lecture |
| 1.7.20 | Knowledge of and ability to describe "Activities of Daily Living" (ADLs) and its importance in the overall health of the individual. | Lecture |
| 1.7.21 | Skill to teach and demonstrate the components of an exercise session (i.e., warm-up, aerobic stimulus phase, cool-down, muscular strength/endurance, flexibility). | Both |
| 1.7.23 | Skill to teach and demonstrate appropriate exercises for improving range of motion of all major joints. | Both |
| 1.7.33 | Ability to design, implement, and evaluate individualized and group exercise programs based on health history and physical fitness assessments. | Lecture |
| 1.7.43 | Ability to evaluate flexibility and prescribe appropriate flexibility exercises for all major muscle groups. | Lab |
| | GENERAL POPULATION/CORE: SAFETY, INJURY PREVENTION, AND EMERGENCY PROCEDURES | |
| 1.10.8 | Knowledge of hypothetical concerns and potential risks that may be associated with the use of exercises such as straight leg sit-ups, double leg raises, full squats, hurdle stretch, forceful back hyperextension, and standing bent-over toe touch. | Lecture |

REQUIRED TEXTS/READINGS:

- Coburn, J.W. & Malek, M.H. (2011). *NCSA's Essentials of Personal Training*. Champaign, IL: Human Kinetics.

SUGGESTED TEXTS/READINGS:

- Delavier, F. (2010). *Strength Training Anatomy*. (3rd ed.). Champaign, IL: Human Kinetics.
- Rippetoe, M. (2012). *Starting Strength* (3rd ed.). Wichita Falls, TX: The Aasgaard Company.

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:

| | |
|---|-------------|
| Exam 1 | 20% |
| The mid-term exam will cover material through approximately week 7. | |
| Final Exam | 25% |
| The final exam will cover material from approximately weeks 8-15. | |
| Quizzes (unannounced) | 15% |
| Labs & After Class Questions | 40% |
| Total | 100% |

Grading Scale

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

PROFESSIONAL DISPOSITIONS

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

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only. Excused absences include: serious illness, official university excused absences and extenuating circumstances. It is the student's responsibility to contact the instructor in order to obtain the make-up work. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**.

TENTATIVE COURSE SCHEDULE*

(*Schedule may change, but students will be notified in class)

- JAN 22 Lecture: Course Overview, Policies, Orientation to Blackboard, Anatomical Terms
- JAN 24 Lab: No Lab first week of class
- Lecture: Intro to movement and motor control
- Lecture: Biomechanical factors of movement
- Lab: Movement Terminology – The Game
- FEB 5 Lecture: Biomechanical factors of movement
- Lab: Muscles, levers and joints
- Lecture: Anatomical systems: Bioenergetics
- Lab: Leverage, projection, balance and impact
- Lecture: Anatomical systems: Bioenergetics
- Lab: Pre-testing
- Lecture: Anatomical systems: Nervous
- Lab: Flexibility, body weight & stability ball exercises (over two labs if necessary)
- Lecture: Anatomical systems: Musculoskeletal
- Lecture: Anatomical systems: Cardiorespiratory
- MAR 5 Lecture: **Midterm Exam I**
- Lab: Cardiovascular/Aerobic Assessment
- MAR 19 Lecture: Test review and Fitness Principles
- Lab: Predicting VO₂ and applying submaximal testing
- Lecture: Flexibility
- Lecture: Body Composition
- Lab: Skinfolds
- APR 2 Lecture: CRE
- Lab: Anaerobic testing

- Lecture: CRE
- Lecture: Resistance Training
- Lab: Lift Technique; Alignment and Resistance and 1RM
- Lecture: Resistance Training
- Lab: Muscular Endurance Assessment; Speed, agility and quickness
- Lecture: Complete Fitness
- MAY 2 Lab: No lab (Record food intake/take pics of meals for nutrition lab)
- Lecture: Complete Fitness
- Lab: Understanding Nutrient Intake (bring laptops to class)
- Lecture: Nutrition
- Lecture: Review

FINAL EXAM – See online for final exam schedule and policy:
<http://registrar.gmu.edu/calendars/fall-2017-semester/final-exams/>

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

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 <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://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 <http://ods.gmu.edu/>).

- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

Academic Integrity

GMU is an Honor Code University; please see the University Catalog for a full description of the code and the honor committee process. The principle of academic integrity is taken very seriously and violations are treated gravely. What does academic integrity mean in this course? First, it means that when you are responsible for a task, you will be the one to perform that task. When you rely on someone else's work in an aspect of the performance of that task, you will give full credit in the proper, accepted form. Another aspect of academic integrity is the free play of ideas. Vigorous discussion and debate are encouraged in this course, the firm expectation that all aspects of the class will be conducted with civility and respect for differing ideas, perspectives and traditions. When in doubt, please ask for guidance and clarification.

