

George Mason University
College of Education and Human Development
Kinesiology

KINE 200 – 003 Methods of Exercise Instruction
3 Credits, Fall 2020

Every other Monday 1:30 pm – 4:10 pm. Freedom Center Room 214

Faculty

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Prerequisites/Corequisites

BIOL 125 and 125; ATEP 300, KINE 310

University Catalog Course Description

Provides conceptual and practical introduction to performing common exercises with proper technique utilizing free weights, resistance training machines, cardiovascular equipment, body weight and other fitness techniques. Develops exercise leadership skills through the communication, instruction and demonstration of cardiovascular, resistance and flexibility exercises.

Course Overview

The course will teach students common exercises prescribed in a fitness setting and how to perform these exercises correctly. The students will also learn the best way to teach these exercises in both one on one and group formats. The goal for this class is not only for students to learn how to exercise themselves but to begin to develop their leadership skills in an exercise setting.

Course Delivery Method

This course will be delivered using a hybrid format. 50% of the course will be delivered face to face and meet every other Monday during the semester. The other 50% of the course will be delivered online using an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Face coverings and sanitation

A suitable cloth face covering (minimum) must be worn at all times during in person class meetings. Each student will also be socially distanced of a minimum of 6 feet while seated during class.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player:
<https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Log-in Frequency:
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to ensure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Practice correct technique for common exercises prescribed to improve the components of fitness.
2. Identify different types of learners and apply various teaching strategies appropriately.
3. Demonstrate ability to teach correct exercise techniques in 1:1 and group settings.
4. Demonstrate appropriate spotting and assistance techniques.
5. Use appropriate strategies to provide feedback to individuals and groups
6. Demonstrate and teach exercise modifications that will accommodate various fitness levels, physical conditions, and body size
7. Demonstrate effective communication with exercise participants using both verbal and nonverbal methods.
8. Demonstrate the ability to set up and lead an exercise session in both one on one and group settings.

Professional Standards

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

KSA	Description
	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.
1.3.5	Knowledge of relative and absolute contraindications to exercise testing or participation.
	GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING
1.7.1	Knowledge of the relationship between the number of repetitions, intensity, number of sets, and rest with regard to strength training.
1.7.2	Knowledge of the benefits and precautions associated with exercise training in apparently healthy and controlled disease.
1.7.11	Knowledge of and the ability to describe exercises designed to enhance muscular strength and/or endurance of specific major muscle groups.
1.7.13	Knowledge of the various types of interval, continuous, and circuit training programs.
1.7.15	Knowledge of the components incorporated into an exercise session and the proper sequence (i.e., pre-exercise evaluation, warm-up, aerobic stimulus phase, cool-down, muscular strength and/or endurance, and flexibility).
1.7.17	Knowledge of the importance of recording exercise sessions and performing periodic evaluations to assess changes in fitness status.
1.7.18	Knowledge of the advantages and disadvantages of implementation of interval, continuous, and circuit training programs.
1.7.24	Skill in the use of various methods for establishing and monitoring levels of exercise intensity, including heart rate, RPE, and oxygen cost.
1.7.43	Ability to evaluate flexibility and prescribe appropriate flexibility exercises for all major muscle groups.

Recommended Texts

Resistance Training Instruction 2nd Edition (2007). Aaberg, E. 2nd Edition, Human Kinetics, Champaign, IL.

Methods of Group Exercise Instruction, 3rd Edition (2014). Kennedy-Armbruster, C. & Yoke, M. 3rd Edition, Human Kinetics, Champaign, IL.

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).

Evaluation

Evaluation Type	Points	Total
Attendance, Participation, Professionalism	10	10
Fitness Observation	10	10
Fitness Trend Assignment	10	10
Class Demonstrations (4)	5	20
Final Exam	20	20
Practical Exam (2)	15	30
		100

Description of Evaluation

Attendance, Participation, & Professionalism

Your attendance, participation and professionalism in class will be recorded. You will be deducted one point per unexcused absence. For lack of participation and professionalism, the incident will be recorded and will result in a deduction of one point per incident. Professionalism and participation points are earned by being prepared for class (i.e. dressing in active wear); being respectful during student demonstrations and activities; and participating fully in these activities.

Fitness Observations: You will be required to attend a group fitness class either at Mason or another fitness center. You will be required to fill out a form and have the instructor sign it, as well as write a short journal article evaluating the instructor on points covered in class which will be provided in a rubric on Blackboard. (ex: Feedback type used, teaching style used, safety considerations, etc.)

Fitness Trend Assignment: You will be required to present on an example of a current fitness trend. This should include a description of the trend and any research behind it. Be prepared to discuss this during class.

Class Demonstrations: During the group fitness portion of the class you will be required to demonstrate a small piece of choreography for the class format we are covering that week. You are expected to be prepared and act in a professional manner. More details will be given on these assignments prior to their due date.

Exam

Final exam will be multiple choice, T/F, short answer format and given at the end of the semester.

Practical Exams: 2 practical exams will be given. One at midterm, and then at the end of the semester. The practical exam will assess your ability to effectively perform, demonstrate and

instruct exercises being covered in the class. Format and a rubric for points needing to be included in the demonstration will be provided prior to the exam date.

Grading Scale

A	4.0	=	93.0 & above
A-	3.7	=	90.0 – 92.9%
B+	3.3	=	87.0 – 89.9%
B	3.0	=	83.0 – 86.9%
B-	2.7	=	80.0 – 82.9%
C+	2.3	=	77.0 – 79.9%
C	2.0	=	73.0 – 76.9%
C-	1.7	=	70.0 – 72.9%
D	1.0	=	60.0 – 69.9%
F	0.0	=	0.0 – 59.9%

Note: * Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. Since this course requires significant active participation, students must be dressed in appropriate fitness wear during some class sessions.

Attendance – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason, please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

Participation – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

Attendance and Participation Evaluation: Attendance will be documented for all classes.

Communication – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

Responsibility/Accountability – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

Honesty/Integrity – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

Self-Improvement/Self-awareness – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their

knowledge and improve their current skill set.

Communication, Responsibility/Accountability, Honesty/Integrity, and Self-Improvement/Self-awareness Evaluation: Violations will be documented and student will be notified. Each violation will result in the loss of 1 point from final grade

Class Schedule

Week	Topic	Assignments
8/24	Brief syllabus overview	
8/31 (In class)	Setting up an exercise session: prep work and beyond/ Methods of instruction and learning styles	Demo #1- Warm-up
9/7 (Online)	Labor Day (No class)	Assignment given for the week
9/14 (Online)	Cardiovascular Training: Common exercises and formats using body weight, and other equipment Workout: Cardiovascular	
9/21 (In class)	Resistance Training: Common exercises and formats for the upper body Demo	Demo #2- Cardio
9/28 (Online)	Resistance Training: Common exercises and formats for the lower body Workout- Upper body and lower body	
10/5 (In class)	Spotting & Assistance Techniques/ Resistance Training: Common exercises and formats for core Demo	Demo #3- Resistance Training
10/12 (In class)	Practical Exam 1	
10/19 (Online)	Flexibility and Cool-down/Exercise Modifications Workout- Flexibility	
10/26 (In class)	Teaching techniques for small and large groups Demo	Demo #4- Flexibility
11/2 (Online)	Fitness trends Workout: Modifications	Submit PowerPoint by 11:59 pm 11/8
11/9 (In class)	Fitness trends Workout: Team workout	
11/16 (Online)	Designing a fitness plan Workout: Last workout	Fitness Observation due by 11:59 pm 11/22

11/23	Thanksgiving week	TBD
11/30 (Online)	Work day Practical Exam 2	Fitness plan: extra credit due by 11:59 pm
12/7 (Online)	Study for final exam	
12/14 (Online)	Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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 <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

