George Mason University
College of Education and Human Development
Kinesiology

KINE 200 – Methods of Exercise Instruction
3 Credits, Spring 2021
Hybrid: Online/ SciTech

Faculty

Name:	Meghan Magee
Office Hours:	By Appointment
Office Location:	220 Katherine Johnson Hall
Email Address:	mmagee2@gmu.edu

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 as a hybrid with 5 scheduled in person sessions and 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. The course site will be available on Monday August 16, 2020.

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.

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 will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- 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

- Course Week:
  Because asynchronous courses do not have a "fixed" meeting day, our week will start on Monday, and finish on Saturday.
  There will be optional times during the week to go over material via Zoom or Webex.
- 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 insure 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

This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine's Knowledge-Skills-

Upon completion of this course, students will have met the following professional standards:

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 Type	Points	Total
Assignments (5)	4	20
Discussion Boards (10)	3	30
Exercise Demos (3)	10	30
Lab Practical	20	20
		100

- **Assignments and/or Examinations**

  Assignments

  Learning Styles: Given various exercises, you will be required to cue proper form using a variety of visual, auditory, and kinesthetic cues to teach a variety of learning styles.
  Circuit Design: You will be required to create and complete an at-home cardio circuit.
  Infographic: You will create an infographic of a fitness trend you are interested in. You will include an overview of the topic, pros/cons, and practical application for a health practitioner.
  Documentary: You will watch a health (i.e. nutrition, fitness) documentary and post an analysis for your classmates. This is NOT a summary, this is an analysis of the topic, how they presented the topic, and your opinion on the topic.
  New Fitness Experience: This assignment is to introduce you to a form of exercise that you are unfamiliar with.

  Topic Quizzes

  There will be 13 total short quizzes based on each topic covered throughout the semester. The lowest 3 quiz grades will be dropped and only 10 will be counted towards the final grade.

  Lab Practical

  There will be a lab practical at the end of the semester to assess your ability to identify errors during exercise and provide sufficient corrections to the error.

Exercise Demos

There will be 3 exercise demos during the semester to assess your ability to correctly demonstrate various exercises.

- **Grading**

A	**93.0 -- 96.9%**
A-	**90.0 – 92.9%**
B+	**87.0 – 89.9%**
B	**83.0 – 86.9%**
B-	**80.0 – 82.9%**
C+	**77.0 – 79.9%**
C	**73.0 – 76.9%**
C-	**70.0 – 72.9%**
D	**60.0 – 69.9%**
F	**0.0 – 59.9%**

Make-up Policy

- For every day an assignment is late 10% will be reduced from the grade received.
- Exams missed due to unexcused absences will not be allowed a make-up exam.
- Make-up exams and assignments will only be offered for those who possess a University sanctioned excuse or doctor's note.

Emails/Questions about grades

- Please wait 24 hours to email questions about grading. I will not reply to any emails sent within this time period.
- If you wish to question/dispute a grade, you must do so within one week of the grade being posted. Any questions/disputes after this time period will not be considered. Please do so in a professional manner.

Professional Dispositions

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

Class Schedule

Date	**Topic**	Assignments
Week 1 1/24-1/30	Syllabus & Intro Exercise Session Set-up Exercise Leader and Learning Styles Warm-up	Discussion Board #1 Due 1/30 at 11:59 pm

Week 2 1/31-2/5	Warm-up	Discussion Board #2 Due 2/5 at 11:59 pm
Week 3 2/7-2/13	Cardiovascular Training	Learning Styles and Discussion Board #3 Due 2/13 at 11:59 pm
Week 4 2/14-2/19	Demo	Discussion Board #4 Due 2/19 at 11:59 pm
Week 5 2/21-2/26	Flexibility Cool Down	Cardio Circuit post Due 2/24 at 11:59 pm Cardio Circuit review Due 2/26 at 11:59 pm
Week 6 2/28-3/6	Resistance Training: Upper Body	Discussion Board #5 Due 3/6 at 11:59 pm
Week 7 3/7-3/13	Resistance Training: Core Spotting and Assistance Techniques	Discussion Board #6 Due 3/13 at 11:59 pm
Week 8 3/14-3/20	Demo	Documentary Assignment Due 3/20 at 11:59 pm
Week 9 3/21-3/27	Teaching Techniques for Small and Large Groups	Discussion Board #7 Due 3/27 at 11:59 pm
Week 10 3/28-4/3	Resistance Training: Lower Body	Discussion Board #8 Due 4/3 at 11:59 pm
Week 11 4/4-4/10	Exercise Modifications	Discussion Board #9 Due 4/10 at 11:59 pm
Week 12 4/11-4/17	Demo	New Fitness Experience Due 4/17 at 11:59 pm

Week 13 4/18-4/24	Designing a Fitness Plan	Discussion Board #10 Due 11/21 at 11:59 pm
Week 14 4/25-5/1	Fitness Trends	Infographic post Due 4/28 at 11:59 pm Infographic replies Due 5/1 at 11:59 pm
Week 15 5/2-5/8	**Practical Exam- 5/10 at 11:59 pm**	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.
Highlighted dates are for in person sessions

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/ .