Fitness Testing
KINE 4980.005
Fall 2015

Instructor: John Curtis, M.S.
Office Number: (940) 565-2212
Office Location: PEB 112
Email: John.Curtis@unt.edu
Class Location: Bahnsen Gym 110, gym, and weight room (180)

Credit Hours: 3
Class Time: 3:20 – 4:50 T, TH
Office Hours: 8:00 – 9:00 M - TH

Catalog Description: Practice of fitness assessment testing with an emphasis on practical application.

Course Description: Students who successfully complete this course will have the knowledge and skills necessary to assess fitness across a broad spectrum. The emphasis is on the practical application of fitness testing.

Prerequisite: Satisfactory completion (an earned grade of “C” or better) in KINE 3080 – Exercise Physiology

Required Text: Beam and Adams: Exercise Physiology Laboratory Manual (7th edition). This book will be used for lectures, as well as the practical applications in the gym.

Course Objectives - The student who successfully completes this course will:

1. State appropriate uses of fitness and performance tests.
2. Distinguish between the different aspects of physical fitness by defining terms.
3. Select appropriate tests to measure each of the elements of physical fitness.
4. Be able to administer testing for body composition.
5. Be able to administer measurement for cardiovascular parameters.
6. Be able to administer testing for aerobic power.
7. Be able to administer testing for anaerobic power.
8. Be able to administer testing for agility.
9. Be able to administer testing to flexibility.
10. Be able to administer testing for muscular strength, power, and endurance.
11. Be able to compare and contrast various fitness tests based on the needs of a specific population with the goal of selecting the most appropriate test.
**Class Grading:** 400 points maximum total:

200 points **Exams:** Two exams, 100 points each. These exams will essay questions. Materials covered in class and readings from the textbook will be the subject of exams. In the event that a student arrives late on an exam day and one or more students have already completed the exam, the late student will not be allowed to take the exam and will receive a grade of zero.

150 points **Laboratory Reports:** There are three (3) Laboratory Reports that will be required to be turned in during the semester. These must be created in a professional manner, with the use of a word processing program. The reports must include all aspects of the assignment, and done with proper grammar. Points can/will be deducted for unprofessional appearance, bad grammar, incorrect spelling.

50 points **Practical Exam:** To demonstrate competence in the subject matter, you will complete a practical exam. This will test knowledge of the materials over the course of the semester. You will have to perform the actual testing learned in class on an individual. A more detailed explanation about the requirements for the practical exam will be provided midway through the course.


At the end of the semester, you will earn a grade of A, B, C, D, or F. If you receive a grade of F, you have not passed this course. The final grade will be based on the successful completion all of the assignments, and test grades.

**Class Information and Requirements:**

- **Communication with your instructor:** We will be using Blackboard for announcements, assignments, notes and handouts. Please use the email John.Curtis@unt.edu to correspond with me electronically. I am available during office hours or before and after class for any face to face communication. If you cannot meet with me during those times, please make an appointment.

- **Attendance:** This is a “hands on” practical application class, therefore attendance is mandatory. Students are responsible for any information presented in class, as well as for the material in the assigned chapters. Therefore, five (5) points will be deducted from your total points for each unexcused absence, or disruption of class. Only approved UNT absences will be permitted, and the student is responsible to provide the UNT documentation stating so. Failure by the student to present said documents will result in absences being considered “unexcused”.

- **Cell phone use:** The use of cell phones for talking, texting, or any other purposes during class is prohibited. Any urgent phone-related matters must be attended to outside of the classroom period. Should you be found to be using a cell phone during class time, you can be asked to leave for the remainder of the class, resulting in a five (5) point deduction due to attendance.

- **Assignments:** All assignments must be neatly prepared and representative of college level coursework. I will not grade assignments or reply to emails written in text message language.

- No late assignments or missed tests will be accepted without prior permission from the instructor. If you know you will miss class, turn your assignment in prior to its due date.
• There will be no negotiation of your final grade in this course. You will receive the grade that you earned...no discussion. I will not communicate with you regarding your grades though email, however I would be happy to discuss them with you in person.

Extra Credit:
There will ONLY be ONE option for extra credit during the semester. All requests for additional credit or for me to change your grade from what you earn will be ignored.

5 possible points to your point total: SETE Evaluation. 90% or greater of the ENTIRE class must submit an evaluation. Once achieved, all class members will receive these points.

Exam protocol:
Bring a couple of #2 pencils, a good eraser, and a hand calculator (if necessary), for exams. If you miss an exam, your grade is zero. You are expected to arrive on time and no-one may enter after the first student completes the exam and leaves. Should you need to leave once you begin the test, your test will be considered complete at the place you finished before you left. There are no make-ups.

Academic Dishonesty:
Students caught cheating or plagiarizing will receive a "0" for that particular assignment or exam. Additionally, the incident will be reported to the Dean of Students, who may impose further penalty. According to the UNT catalog, the term "cheating" includes, but is not limited to: a. use of any unauthorized assistance in taking quizzes, tests, or examinations; b. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; c. the acquisition, without permission, of tests or other academic material belonging to a faculty or staff member of the university; d. dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s); or e. any other act designed to give a student an unfair advantage. The term "plagiarism" includes, but is not limited to: a. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment; and b. the knowing or negligent unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.

Acceptable Student Behavior:
Student behavior that interferes with an instructor’s ability to conduct a class or other students’ opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student’s conduct violated the Code of Student Conduct. The university’s expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at http://deanofstudents.unt.edu.

Access to Information – Eagle Connect:
Your access point for business and academic services at UNT occurs within the my.unt.edu site http://www.my.unt.edu. All official communication from the university will be delivered to your Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward your e-mail: http://eagleconnect.unt.edu/
ADA Statement:
The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the Office of Disability Accommodation website at http://disability.unt.edu. You may also contact them by phone at (940) 565-4323.

Emergency Notification and Procedures:
UNT uses a system called Eagle Alert to quickly notify you with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). The system sends voice messages (and text messages upon permission) to the phones of all active faculty staff, and students. Please make certain to update your phone numbers at http://www.my.unt.edu. Some helpful emergency preparedness actions include: 1) know the evacuation routes and severe weather shelter areas in the buildings where your classes are held, 2) determine how you will contact family and friends if phones are temporarily unavailable, and 3) identify where you will go if you need to evacuate the Denton area suddenly. In the event of a university closure, please refer to Blackboard for contingency plans for covering course materials.

Retention of Student Records:
Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Blackboard online system, including grading information and comments, is also stored in a safe electronic environment for one year. You have a right to view your individual record; however, information about your records will not be divulged to other individuals without the proper written consent. You are encouraged to review the Public Information Policy and F.E.R.P.A. (Family Educational Rights and Privacy Act) laws and the university’s policy in accordance with those mandates at the following link: http://essc.unt.edu/registrar/ferpa.html

Student Evaluation of Teaching (SETE):
Student feedback is important and an essential part of participation of this course. The Student Evaluation of Teaching (SETE) is a requirement for all organized classes at UNT. This short survey will be made available at the end of the semester to provide you with an opportunity to evaluate how this course is taught.

Student Success:
UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you lean and grow. And, as a faculty member, I am committed to helping you be successful as a student. Here’s how to succeed at UNT: Show up. Find support. Take control. Be prepared. Get involved. Be persistent.
Each Class segment will consist of two to four 1h20min sessions.

<table>
<thead>
<tr>
<th>Class segments</th>
<th>Student learning outcome:</th>
<th>Topic</th>
<th>Chapters</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>We will distinguish between the different aspects of physical fitness (functional fitness, health-related fitness, and performance fitness) by defining the terms.</td>
<td>Introduction: Why do we test?, interpretation of results, types of fitness, methods for evaluation, professional behavior, safety, health screening, etc.</td>
<td>1-3, Appen. A-C Handouts</td>
<td></td>
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<tr>
<td>2</td>
<td>We will correctly administer testing for body composition</td>
<td>Body composition</td>
<td>23-26</td>
<td></td>
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<tr>
<td>3</td>
<td>We will correctly administer measurement of cardiovascular parameters</td>
<td>Measuring cardiovascular parameters at rest and during exercise: heart rate, blood pressure, EKG</td>
<td>16-19</td>
<td>Lab report 1 (body composition) due</td>
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<tr>
<td>4</td>
<td>We will correctly administer testing for aerobic power</td>
<td>Aerobic power/endurance (VO\textsubscript{2max}) -maximal -submaximal</td>
<td>12-15</td>
<td></td>
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<tr>
<td>5</td>
<td>We will correctly administer testing for anaerobic power</td>
<td>Anaerobic power and capacity including sprinting</td>
<td>7, 9-11</td>
<td>Lab report 2 (aerobic capacity) due</td>
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<td><strong>Exam 1</strong></td>
<td></td>
<td></td>
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<tr>
<td>6</td>
<td>We will correctly administer testing for agility</td>
<td>Agility</td>
<td>Handouts</td>
<td></td>
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<tr>
<td>7</td>
<td>We will correctly administer testing for flexibility</td>
<td>Flexibility</td>
<td>22</td>
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<tr>
<td>8</td>
<td>We will correctly administer testing for muscular strength, power and endurance</td>
<td>Strength, power, and muscle endurance -direct -indirect</td>
<td>4-6, 8 Handout</td>
<td></td>
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We will correctly compare and contrast various fitness tests based on the needs of a specific population (e.g., athletes, individuals with disability, disease or other condition such as pregnancy, individuals of young or advanced age) with the goal of selecting the most appropriate test.

<table>
<thead>
<tr>
<th>Special populations</th>
<th>Handouts</th>
<th>Lab report 3 (strength and power) due</th>
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</thead>
<tbody>
<tr>
<td>- older adults</td>
<td></td>
<td></td>
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<td>- children</td>
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**Exam 2 and practical exam**

*The course calendar is tentative and subject to change. If the schedule does change, I will announce any changes during class time as well as provide an updated version on Blackboard and send out an announcement.

**Some class lessons will be conducted in rooms other than our assigned classroom. I will announce any changes during class time as well as make announcements via Blackboard. It is your responsibility to stay informed to changes such as this.*