

**THE UNIVERSITY OF TEXAS AT TYLER**  
**DEPARTMENT OF HEALTH AND KINESIOLOGY**

**Course Syllabus – Fall 2009**

**GENERAL INFORMATION ABOUT COURSE**

Course Title, Number & Credit Hours: HECC 4333.001 Tests and Measurements (3 semester hours).

Location of Classroom: HPC 3035 with the use of the computer lab (HPC 3050) on some class meeting days.

Days and Hours the Class Meets: Tuesdays & Thursdays, 2:00 – 3:15pm

**INFORMATION ABOUT INSTRUCTOR**

Name & Title: Ronna R. Morrison, M.S., Senior Lecturer, Department of Health and Kinesiology

Office Location and Contact Information: HPC 3051 (inside HPC 3050); 903-566-7121  
Department office FAX: 903-566-7065  
E-mail: [rmorrison@uttyler.edu](mailto:rmorrison@uttyler.edu)

Office Hours: Tuesdays, 9:00-11:00am or by appointment. For appointment, you may contact the instructor directly by phone or email.

Emergency Phone Numbers: Messages may be left on Instructor's voice mail at 903-566-7121. Or phone the Department Administrative Assistant, Gail Goetz, at 903-566-7031. Instructor's home phone: 903-596-0676—please use home phone for only extraordinary situations.

**TEXT**

Morrow, J.R., A.W. Jackson, J.G. Disch, and D.P. Mood. 2005. *Measurement and Evaluation in Human Performance*, 3<sup>rd</sup> ed. Champaign, IL: Human Kinetics.

**NOTE:** Bring your book to class **every day** (unless otherwise specified) because we will be referencing tables, figures, charts, and other content nearly every day in class.

**COURSE DESCRIPTION / OBJECTIVES**

Course Description: Study of tests of fitness, functional capacity, and other variables commonly used in health and kinesiology programs. Test protocols and proper data collection, reduction of test data, and application of norms and criteria are emphasized. The class will be divided into

the following three sections, with each section serving as a knowledge base for subsequent sections:

1. Introduction to descriptive statistics
2. Introduction to inferential statistics, reliability, and validity
3. Test application, development, and interpretation

Instructional Methods: Readings, homework problems, class and small-group discussions, guided discovery, problem solving, lectures & analysis and interpretation of data.

Course Objectives:

1. Students will demonstrate knowledge and ability in utilizing formative and summative fitness, skills and motor abilities, cognitive, and affective measurement and evaluation techniques appropriate for assessing participants in kinesiology programs.
2. Students will demonstrate knowledge and understanding of the statistical procedures used in the measurement and evaluation process to make decisions.
3. Students will demonstrate understanding of the principles of reliability, objectivity, and validity when making evaluative decisions about individuals and groups.
4. Students will become familiar with the purpose and administration of various fitness tests.

Specific learning objectives will be presented throughout the course.

**PROPOSED CALENDAR**

**NOTE:** The numbers in parentheses on this syllabus indicate the chapter numbers to read.

Class #	Date	Day	Agenda
1	8/27	Thurs	Class overview & course introduction / Why assess in physical education?
2	9/1	Tues	Introduction to tests & measurements (1) / Descriptive Statistics—Measures of central tendency (3)
3	9/3	Thurs	<b>Chapter 1 Quiz;</b> Descriptive statistics, cont. (3) / Measures of variability (3) / The normal distribution (3)
4	9/8	Tues	Using technology in measurement and evaluation (2) [SPSS work day]
5	9/10	Thurs	The normal distribution (3) / Standard scores and the z table (3)
6	9/15	Tues	<b>Chapter 3 Quiz Part I (material thru the normal distribution, only);</b> Standard scores and the z table, cont. (3)
7	9/17	Thurs	<b>Chapter 3 Quiz, Part II (standard scores &amp; the z table only);</b> Correlation & prediction (4)
8	9/22	Tues	<b>Chapter 4 Quiz (material covered thru 9/17 only);</b> Correlation & prediction (cont.)
9	9/24	Thurs	<b>Unit Exam I (taken on Blackboard)</b>
10	9/29	Tues	Review Unit Exam I
11	10/1	Thurs	Inferential statistics (5)
12	10/6	Tues	Inferential Statistics, cont. (5) / Norm-Referenced measurement (6)
13	10/8	Thurs	<b>Chapter 5 Quiz;</b> Norm-Referenced measurement, cont. (6)
14	10/13	Tues	<b>Chapter 6 Quiz;</b> Alternative assessment (8)

15	10/15	Thurs	(Jumping Ahead) Review of health fitness testing procedures (handout) / Preliminary health screening (handout) / Review of Spreadsheet Assignment
16	10/20	Tues	<b>Chapter 8 Quiz;</b> Assessment of sport skills & motor abilities (13)
17	10/22	Thurs	<b>Unit Exam II (Chaps 5, 6, &amp; 7 Only—Taken on Blackboard) /</b>
18	10/27	Tues	Review Unit Exam II.
19	10/29	Thurs	<b>Chapter 13 Quiz;</b> Physical Fitness Assessment in Adults (11). / <b><u>NOTE:</u> Last day to withdraw from class with an automatic “W” is Friday, 10/30.</b>
20	11/3	Tues	Physical Fitness Assessment in Adults (11) / Assessing cardiovascular fitness: Queen’s Step Test
21	11/5	Thurs	Assessing cardiovascular fitness: 1-Mile Rockport Walk Test Assessing body composition: Hydrostatic weighing
22	11/10	Tues	Assessing cardiovascular fitness: 1-Mile Rockport Walk Test Assessing body composition: Hydrostatic weighing (cont.)
23	11/12	Thurs	Assessing cardiovascular fitness: 1-Mile Rockport Walk Test Assessing body composition: Hydrostatic weighing (cont.)
24	11/17	Tues	Spreadsheet Assignment Work Day / <b><u>NOTE:</u> Field tests for all students for VO<sub>2</sub>max estimation must be completed no later than this morning so work can begin on the spreadsheet.</b>
25	11/19	Thurs	Assessing body composition: Bioelectrical impedance analysis Assessing body composition: Skinfolds
26	11/24	Tues	Assessing body composition: Bioelectrical impedance analysis Assessing body composition: Skinfolds (cont.) Assessing muscle strength: 1-RM Bench press, leg press, bicep curl, knee extension, & knee curl tests
	11/25 - 11/27		<b>Thanksgiving Holidays</b>
27	12/1	Tues	Assessing muscle strength: Muscle strength tests (cont.)
28	12/3	Thurs	Assessing muscle endurance: YMCA bench press, YMCA sit-up test / <b><u>NOTE:</u> Muscle strength &amp; endurance tests for all students must be completed no later than class today so work can continue on the spreadsheet.</b>
29	12/8	Tues	Spreadsheet Assignment Work Day
30	12/10	Thurs	“Wiggle room”. <b><u>NOTE:</u> Spreadsheet Assignment due by 5:00pm the following day (Friday, 12/11)</b>
31	12/15	Tues	<b>Final Exam, 2:00-4:00pm (taken on Blackboard)</b>

### GENERAL

Do not plan on missing any classes. We will cover new material every day. It is important that you attend class. You are expected to be in class on time at each meeting. You can do best in this class if you attend, take notes, do the chapter mastery items and homework assignments, study with your classmates, and speak making evaluative decisions about individuals and groups.

## ACCESS TO NOTES AND OUTLINES, HOMEWORK, AND PRACTICE PROBLEMS ON THE INTERNET

On many days of class, especially during the first 2/3's of the semester, class will be delivered with the use of power point slides presentations combined with in-class computer work, quizzes, and homework. Power point slides will be posted to Blackboard, and outlines are available to you before you come to class by accessing them via the textbook website for students.

### Instructions for Accessing Supplemental Online Study Guide:

**NOTE: You must have a new textbook to have online access to the study guide:**

Immediately retrieve the yellow piece of paper contained in your text which outlines the instructions for accessing the supplemental online study guide. If you do not still have this sheet, a copy is posted to Blackboard under the Mastery Items & Homework content area.

Steps are as follows:

- a. Visit the Measurement and Evaluation in Human Performance product Web site at [www.humankinetics.com/MeasurementandEvaluationinHumanPerformance](http://www.humankinetics.com/MeasurementandEvaluationinHumanPerformance)
- b. Click on the View Student Resources button on the right side of the home page.
- c. Assuming you have not yet registered on this site, click on the Please Register Now link. You will create your personal profile and password to access the online study guide each time you visit the site.
- d. When you have finished registering, enter your key code exactly as it is printed on the yellow piece of paper, including all hyphens. Click Submit.
- e. Once the key code has been submitted, you will see a Welcome screen. Click the View button to open your online study guide.
- f. After you enter the key code the first time, you will not need to use it again to access the online study guide. In the future, simply sign on using your e-mail and password you created.

Go to the File menu and scroll down to Print. You can print the outlined notes and bring them to class with you. These are the same words (without pictures, graphs, charts, and other items) that will be used in class. Thus, you can take notes directly on these pages and not have to attempt to write everything down that is on the slides.

I will assume that you will bring these notes to class, and I will go through the materials as if you have the notes with you.

The method of printing homework assignments depends on which browser you use. You can work them on the screen and enter your answer, you can print them one at a time, or you can print them as a group. A suggestion is to copy the homework assignments and paste them into Microsoft Word and then print them. You may also have to use <CTRL>P (the Control button **and** the P key simultaneously) to print the homework assignments.

\*\*\***NOTE:** It is recommended that you bring a floppy, CD or USB Flash Memory Key to classes that will meet in the computer lab. You will be reminded of these days in advance in class and on Blackboard. If you fail to bring one of these tools to class, you will need to email the file to yourself and save it on your home computer. (If your home computer does

not have SPSS, you will need to save it in Excel.) Files can be saved on the lab's computers but these files are dumped at the end of each day, making data retrieval impossible.

## POLICIES

### Grading:

	<u>Points</u>
Unit Exam 1	200 or 100 <sup>a</sup>
Unit Exam 2	200 or 100 <sup>a</sup>
Final Exam (comprehensive)	200
Quizzes	150 <sup>b</sup>
Battery of Fitness Tests	150 <sup>c</sup>
Spreadsheet Assignment (group project)	<u>200<sup>d</sup></u>
Total	1000

<sup>a</sup>The higher of the two Unit Exam grades will count 20% of the final grade with the lower of these two grades counting 10%.

<sup>b</sup>There will be a total of 8 chapter quizzes taken in class, which will be made up of short answer questions. The two lowest quiz grades will be dropped for the final average. No make-up of quizzes is allowed.

<sup>c</sup>A handout outlining the requirements of the battery of physical fitness tests will be provided separately. The final grade concerning the battery of fitness tests will be based on the following criteria:

1. Completion of the tests and completed data record sheet
2. Degree of effort and attitude displayed during execution of the tests

<sup>d</sup>A handout outlining the requirements of the group spreadsheet assignment will be provided separately. We will use raw data collected from health fitness testing data during the last part of the course to complete the assignment.

**Exams:** All exams will be objective in nature and may include multiple choice, true/false, matching answers, etc. **Unit exams will be completed on Blackboard during the same time frame that class meets (2:00-3:15pm), noted under the Exams content area. The final exam will also be conducted on Blackboard but at a different time, noted in the proposed calendar.** For those who are new to the Blackboard 8.0 upgrade, you must make sure your computer is compatible with this system. To do this, follow the steps noted on the following link:

<http://wiki.utylers.edu/display/B8H/Compatibility+Mode>

There will be a mock quiz posted in the Exams content area by the second week of the semester (10 multiple choice questions from Unit I) for you to take after you have gone through the steps concerning computer compatibility. This quiz does not count toward your course grade, but it is

crucial for you to complete it so that you will know how to take and submit your exams successfully. You may take it as many times as is necessary to make sure that the exam process is free of technological problems. Should technology issues arise, however, contact Blackboard IT support at [itsupport@patriots.utt Tyler.edu](mailto:itsupport@patriots.utt Tyler.edu). **DO NOT CONTACT THE INSTRUCTOR!!!** Unit Exam 1 covers section 1 only (Introduction to descriptive statistics), Unit Exam 2 covers section 2 only (Introduction to inferential statistics, reliability, and validity), and the Final Exam is comprehensive, with an emphasis on Section 3 (test application, development, and interpretation). Barring an act of God (the university being officially closed), each exam will be given at the time and date indicated in this syllabus.

Only for extremely extenuating circumstances and even then only with prior approval of the instructor, will the student be allowed to make up an exam that is missed. **In the event of illness, a student must obtain an excuse from his/her physician or the campus health clinic to be qualified to take the makeup exam, which is scheduled on Friday, Dec 4<sup>th</sup> at 1:00pm (no exceptions).** No student may make up more than 1 exam. The make-up exam will be in a subjective format, and thus, completely different test than the original already given. Final course grades will be assigned based on the following scale:

A = 900-1000      B = 800-899      C = 700-799      D = 600-699      F <600

\*\*\*NOTE: Friday, October 30<sup>th</sup> is the last day to withdraw from the class with automatic grade of "W." After that date a regular letter grade must be assigned.

Physical Fitness Assessments: In the event of a missed physical fitness assessment, please note below (noted also on proposed calendar) for which any make-up assessments must be completed:

- ✓ **VO<sub>2</sub>max field tests must be complete by the morning of Tuesday, 11/17.**
- ✓ **Muscle strength & endurance tests must be completed by the end of class on Thursday, 12/3.**

Homework & Spreadsheet Assignment: Once we have completed reviewing each chapter on the agenda, it is expected that you work the Mastery Items and Homework questions/problems, as indicated by the instructor. A copy of the homework answers will be provided so students can check their work. As stated in the proposed calendar, the spreadsheet assignment is due no later than 5:00pm on Friday, Dec. 11<sup>th</sup>. If handed in by 5:00pm the following Monday (Dec. 14<sup>th</sup>), it will still be accepted, but will be counted late. Should this occur, 10 points will be subtracted from the final spreadsheet assignment grade. ***No spreadsheet assignment will be accepted past 5:00pm on Friday, Dec 11<sup>th</sup>.***

\*\*\*NOTE: Spreadsheet assignments may be turned in via one of the two ways:

1. Handed directly to the instructor.
2. Given to Gail Goetz for placement in instructor's mailbox on the 3<sup>rd</sup> floor.

***REMEMBER: Friday, Oct. 30 <sup>th</sup> is the last day to withdraw from the class with an automatic grade of "W." After this date a regular letter grade must be assigned.
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## UNIVERSITY POLICIES

<http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>

### *Students Rights and Responsibilities:*

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html>

### *Grade Replacement/Forgiveness:*

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average.

Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

### *State-Mandated Course Drop Policy:*

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

### *Disability Services:*

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

### *Student Absence due to Religious Observance:*

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

### *Student Absence for University-Sponsored Events and Activities:*

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

### *Social Security and FERPA Statement:*

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.