HECC 4333 Tests and Measurements

Course Syllabus

Instructor: Dr. Fan Gao
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Office: HPC 2166
Semester: fall 2008
Website:http://www.blackboard.uttyler.edu/
Lecture: Tues & Thurs 12:30 – 13:45 pm. HPC 3050
Office hours: Tuesday & Thursday 13:45 - 15:15 pm or by Appointment

Textbook

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

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.

Course objectives

i. 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.
ii. Students will demonstrate knowledge and understanding of the statistical procedures used in the measurement and evaluation process to make decisions.
iii. Students will demonstrate understanding of the principles of reliability, objectivity, and validity when making evaluative decisions.
iv. Students will become familiar with the purpose and administration of various fitness tests.

Evaluation

The student will be evaluated based on the performance on exams (one midterms and one final exam), assignment, quizzes and class participation.

Grading system

Course grade will be calculated as a percentage of total possible points

Midterm exam	150 pts
Final exam	300 pts
Quizzes	150 pts
Battery of Fitness Tests [a]	150 pts
Spreadsheet Assignment [b]	250 pts
Total possible points	**1000 pts**

*Grading Scale***:** A+ = 97%, A = 93-96%, A- = 90-92%, B+ = 87-89%, B = 83-86%, B- = 80-82%, C+ = 77-79%, C = 73-76%, C- = 70-72%, D+ = 67-69%, D = 63-66%, D- = 60-62%

[a]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

[b]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. Exams will be completed on the test answer forms or Scantron sheets. 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.

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 to check your work. The spreadsheet assignment is due no later than 5:00pm on Friday, December 12th.

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

1. Handed directly to the instructor.
2. Given to Gail Goetz for placement in instructor's mailbox on the 3rd floor.
3. Slid under the instructor's office door (HPC 2166)—not the door into the Biomechanics Lab (HPC 2165).

Policy on Makeup Assignments/Labs, Tests and Examinations

Makeup of missed in class assignments or tests will only be considered under the following conditions and within 3 days of the original due date:

i. *Illness.* A medical excuse with signature of a physician must be presented.
ii. *Athletic or other UT Tyler sponsored trips.* Travel dates and times with a signed memo from the supervisor must be presented to the instructor prior to the absence.
iii. *Religious Holy Days.* A holy day is observed by a religion whose places of worship are exempt from property taxation under section 11.20, Tax Code.
iv. *Extenuating circumstances.* It is the prerogative of the instructor to approve the makeup.

Note: In all of the above cases, the instructor must be notified of the absence prior to the class assignment, test, or exam.

Grade Replacement

If you are taking 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 grape point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler. (2008-2010 Catalog, p. 26)

Academic Dishonesty

Academic dishonesty is a serious offense which includes but is not limited to cheating on exams and plagiarism. The student will receive zero in this course if academic dishonesty is proven.

Food and drink in classrooms

Consumption of food and drink in university classrooms is prohibited.

Disability Support Services

If you have a disability, including a learning disability, for which you request disability support services/accommodation(s), please contact Ida MacDonald in the Disability Support Services office so that the appropriate arrangements may be made. In accordance with federal law, a student requesting disability support services/accommodation(s) must provide appropriate documentation of his/her disability to the Disability Support Services counselor. For more information, call or visit the Student Services Center located in the University Center, Room 282. The telephone number is 566-7079 (TDD 565-5579). Additional information may also be obtained at the following link: http://www.uttyler.edu/disabilityservices.

PROPOSED CALENDAR

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

Class #	Date	Day	Agenda
1	8/28	Thurs	Class overview & course introduction
2	9/2	Tues	Introduction to tests & measurements (1) / Descriptive Statistics—Measures of central tendency (3)
3	9/4	Thurs	Descriptive statistics, cont. (3) / Measures of variability (3) / The normal distribution (3)
4	9/9	Tues	Using technology in measurement and evaluation (2) [SPSS work day]
5	9/11	Thurs	The normal distribution (3) / Standard scores and the z table (3)
6	9/16	Tues	Standard scores and the *z* table, cont. (3)
7	9/18	Thurs	Correlation & prediction (4)
8	9/23	Tues	Correlation & prediction (cont.)
9	9/25	Thurs	Inferential statistics (5)
10	9/30	Tues	Inferential Statistics, cont. (5) / Norm-Referenced measurement (6)
11	10/2	Thurs	Norm-Referenced measurement, cont. (6)
12	10/7	Tues	**Midterm Exam**
13	10/9	Thurs	**Review of Midterm Exam**
14	10/14	Tues	Alternative assessment (8)
15	10/16	Thurs	(Jumping Ahead) Review of health fitness testing procedures (handout) / Preliminary health screening (handout) / Review of Spreadsheet Assignment
16	10/21	Tues	Assessment of sport skills & motor abilities (13)
17	10/23	Thurs	Assessment of sport skills & motor abilities, cont. (13) **NOTE: Last day to withdraw from class with an automatic "W" is Friday, 10/31.**
18	10/28	Tues	Physical Fitness Assessment in Adults (11).
19	10/30	Thurs	Physical Fitness Assessment in Adults (11) / Assessing cardiovascular fitness: Queen's Step Test
20	11/4	Tues	Assessing cardiovascular fitness: 1-Mile Rockport Walk Test Assessing body composition: Hydrostatic weighing
21	11/6	Thurs	Assessing cardiovascular fitness: 1-Mile Rockport Walk Test Assessing body composition: Hydrostatic weighing (cont.)
22	11/11	Tues	Assessing cardiovascular fitness: 1-Mile Rockport Walk Test Assessing body composition: Hydrostatic weighing (cont.)
23	11/13	Thurs	Spreadsheet Assignment Work Day / **NOTE: Field tests for all students for VO_2max estimation must be completed no later than this morning so work can begin on the spreadsheet.**
24	11/18	Tues	Assessing body composition: Bioelectrical impedance analysis Assessing body composition: Skinfolds
25	11/20	Thurs	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
26	11/25	Tues	Assessing muscle strength: Muscle strength tests (cont.)
27	12/2	Tues	Assessing muscle endurance: YMCA bench press, YMCA sit-up test / **NOTE: Muscle strength tests for all students must be completed no later than this morning so work can continue on the spreadsheet.**
28	12/4	Thurs	Spreadsheet Assignment Work Day / **NOTE: Muscle endurance tests for all students must be completed no later than this morning for completion of spreadsheet.**
29	12/9	Tues	Spreadsheet Assignment Work Day
30	12/11	Thurs	**Spreadsheet Assignment due by 5:00pm the following day (Friday, 12/12)**

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

Class will be mainly delivered by power point slides presentations with two or three in-class computer work days. Power point slides handout 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:

Method A:

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. Steps are as follows:

a. Visit the Measurement and Evaluation in Human Performance product Web site at 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.

Method B:

Direct access without registration.

http://www.hkusa.com/students/studyguides/measureandeval/index.cfm

***NOTE: It is recommended that you bring a USB Flash Memory Key to each class. You could 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.) However, files saved on the lab's computers will be dumped at the end of each day.