Fitness Assessment Skills: KINE 3306:003
3 credit hours

Instructor Name and Title:  Ashley Dalby, MS, ACSM HFS
Office:  BEP 262
E-mail:  adalby@uttyler.edu
Office Hours:  Monday & Wednesday from 3:45-5:00pm and by appointment

Required Text:
There is no required text for this course, however you will need to have a basic calculator and notebook/folder. Several labs will have a handout with pertinent information that will be utilized for your lab work and studying.

Catalog Description:
Development of knowledge and skills required for evaluation of health-related and sport-related fitness.

Course Goal:
As a lecture/laboratory course, the goal is to get students acquainted with and be able to properly administer the necessary skills required of health and fitness careers. This course should prepare each student to administer any of those skills with precision.

Course Objectives: Upon completion of this course, the student will be able to:
1. Evaluate the risk status of individuals related to performing exercise, and make correct decisions regarding participation of individuals in exercise.
2. Explain and correctly apply the concepts of validity, reliability, and objectivity related to evaluation of fitness.
3. Reduce data from fitness assessments and relate the results to appropriate norms.
4. Demonstrate skills required to properly measure and evaluate variables related to cardiorespiratory fitness, skeletal muscle strength and endurance, anaerobic power, body composition, and flexibility.

Grading:       Criteria:
Exams   300 points  90-100%  A= pts
Assignments  75 points  80-89%  B= pts
Attendance/  100 points  70-79%  C= pts
Participation < 59%  D= pts

The last day to withdraw from courses without penalty is October 23rd.

Course Format:
Course Delivery:
Classes will consist of lectures and lab practice. Because most of the course revolves around hands-on application of the skills demonstrated or taught during lectures, students must be prepared to answer questions about the administration or purpose of any skill during labs. Class-wide discussions are encouraged.
Attendance:
Students are expected to attend all classes and are responsible for any material missed. I will be taking regular attendance, as participation is necessary to learn hands-on skills.

You must dress appropriately for class and bring your ID card to access the gym. Workout clothes and tennis shoes must be worn; no jeans, dresses, open toed shoes or boots allowed. Each day will have 5 attendance points associated with it. Failure to arrive on time (within 8 minutes of starting class) or wear the appropriate clothing will result in zero points for that day.

Assignments:
Several of the labs will have a worksheet for data collection that will be turned at the end of lab. There will be a few assignments that will require you to go out in the community and practice skills and data collection. For those, you will be assigned a piece of equipment that you will be responsible for. Failure to return it to the lab in its prior condition will result in you paying for a new one.

Exams:
There will be three exams based on lecture material and a lab practical to test your competency in the skills. I will have a grading rubric for each skill to accurately give feedback on your performance.

Make-up:
Late assignments will automatically be penalized 10%. After one week, late work will not be accepted and a zero will be given for that grade. Contact me before the due date if you will be unable to complete an assignment due to being sick, athletics, or an emergency and want to avoid a penalty. Please, do not email me assignments or projects unless otherwise asked to. A missed exam without a prior excuse receives an automatic zero. An excused, missed exam must be taken as soon as possible (arrange with instructor).

Cell Phones and Computer:
Cellphones are not to be used in the classroom during lectures or while working out during class time. Your phone should stay in your bag, purse or pocket. If I notice you using your phone as a distraction of any kind, there will be an automatic deduction of ten points from your overall points. If you are expecting a call or text due to an emergency, please let me know about it before class.

Laptops and iPads are okay to use in class, but only for taking notes. Again, if you’re using it as a distraction, there will be a ten-point deduction.

EXCEPTIONS: Use of a phone or iPad as a calculator; using your phone or iPad to search online for something I’ve specifically asked you to find.

Communication:
Blackboard:
Please check blackboard and your UT Tyler email daily. I will post the syllabus, class announcements, lecture material, assignments, and grades on Blackboard throughout the semester. I will sometimes send out last minute announcements for the upcoming course to give reminders or special instructions. To make sure you are always connected, it might be in your best interest to download the blackboard app to your smart phones and iPads.

E-mail:
This will be my preferred way of communication outside of class and office hours. You must use your school account to contact me, as Yahoo, Gmail, Hotmail, etc. are not allowed due to security reasons. If you happen to email me using one of those accounts, it will might go to my junk mail and I do not check that. Upon receiving e-mails, I typically respond within the 24 hours of it being sent Monday thru Friday.

Feedback:
For small assignments submitted, you will receive your grade and possibly comments within 72 hours of it being submitted. For bigger projects that take longer to grade, expect feedback after 5 days of it being submitted. Your exams are taken in class so please wait at one week from the test date to receive it back.
Technical Information:
If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.edu or call 903.565.5555.
When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

You may also visit the Help Tab in Blackboard http://wiki.uttyler.edu/display/B8H/Home for useful information or check out On Demand Learning Center for Students http://ondemand.blackboard.com/students.htm

Plug-ins and Helper Applications
UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course. Always ensure that you are using the most update version for the browser you choose to access the online learning content.

**NOTE:** Mozilla Firefox is the recommended browser for Blackboard. (URL: http://www.mozilla.org/en-US/firefox/new/)

- Adobe Reader allows you to view, save, and print Portable Document Format (PDF) files. (URL: http://get.adobe.com/reader/)
- Java Runtime Environment (JRE) allows you to use interactive tools on the web. (URL: http://www.java.com/en/download/)
- Adobe Flash Player allows you to view content created with Flash such as interactive web applications and animations. (URL: http://get.adobe.com/flashplayer/)
- QuickTime allows users to play back audio and video files. (URL: http://www.apple.com/quicktime/download/)
- RealPlayer allows you to view and listen to streaming video and audio. (URL: http://www.real.com/)

Netiquette Guide
"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided. (URL: http://www.learnthenet.com/learn-about/netiquette/index.php)
## Course Outline:

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Agenda</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 12</td>
<td>Overview of Syllabus</td>
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<tr>
<td></td>
<td>Jan 14</td>
<td>Lecture: Introduction and Definitions</td>
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<td>2</td>
<td>Jan 19</td>
<td><strong>No Class: Labor Day</strong></td>
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<td></td>
<td>Jan 21</td>
<td>Lecture: Pre-Assessment Screening</td>
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<td>3</td>
<td>Jan 26</td>
<td>Lecture: Risk Factor Assessment</td>
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<td>Jan 28</td>
<td>Lab: Heart Rate and Blood Pressure (Resting)</td>
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<td>4</td>
<td>Feb 2</td>
<td>Lab: Heart Rate and Blood Pressure (Exercise)</td>
<td>In-class worksheet Due</td>
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<td></td>
<td>Feb 4</td>
<td>Lab: EKG and Extra Blood Pressure Practice</td>
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<td>5</td>
<td>Feb 9</td>
<td>Lab: Finger prick and blood tests</td>
<td>In-class case studies</td>
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<td>Feb 11</td>
<td>Lab: Community Assessment of HR and BP</td>
<td>Take-home Exam Review Due</td>
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<td>6</td>
<td>Feb 16</td>
<td>Exam 1 and Lab Practical</td>
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<td></td>
<td>Feb 18</td>
<td>Lecture: Body Composition</td>
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<td>7</td>
<td>Feb 23</td>
<td>Lab: Height, Weight, BMI, Circumferences</td>
<td>In-class worksheet Due</td>
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<td></td>
<td>Feb 25</td>
<td>Lab: Skinfolds and Finish Circumferences</td>
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<tr>
<td>8</td>
<td>Mar 2</td>
<td>Lab: Skinfolds</td>
<td>In-class worksheet and Community Circumference Measures Due</td>
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<td>Mar 4</td>
<td>Lab: Skinfolds</td>
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<td>9</td>
<td>Mar 9</td>
<td><strong>No School: Spring Break</strong></td>
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<td>Mar 11</td>
<td><strong>No School: Spring Break</strong></td>
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<td>10</td>
<td>Mar 16</td>
<td>Lecture: Muscular Fitness</td>
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<td></td>
<td>Mar 18</td>
<td>Lab: Hand Dynamometer and 1 RM tests</td>
<td>In-class worksheet and Community Skinfold Measures Due</td>
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<td>11</td>
<td>Mar 23</td>
<td>Lab: Field Tests Push-up, curl-up, hang test, pull-up test</td>
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<td>Mar 25</td>
<td>Lecture: Flexibility</td>
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<td>12</td>
<td>Mar 30</td>
<td>Lab: Flexibility Assessment</td>
<td>In-class worksheet Due and Take-home Exam Review Due</td>
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<td>Apr 1</td>
<td><strong>Exam 2 and Lab Practical</strong></td>
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<td>13</td>
<td>Apr 6</td>
<td>Lecture: Cardiorespiratory Fitness and Anaerobic Power</td>
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<td>Apr 8</td>
<td>Lab: Step Tests</td>
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<td>14</td>
<td>Apr 13</td>
<td>Lab: Cycle and Treadmill Use, Submaximal Test</td>
<td>In-class worksheet Due</td>
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<td>Apr 15</td>
<td>Lab: Anaerobic Step Tests</td>
<td>In-class worksheet Due</td>
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<td>15</td>
<td>Apr 20</td>
<td>Final Lab Practical</td>
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<td>Apr 22</td>
<td>Final Lab Practical</td>
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<tr>
<td>16</td>
<td>Apr 27</td>
<td>Final Lab Practical</td>
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<td>Apr 29</td>
<td><strong>No Class</strong></td>
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*Subject to change at any time*
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.uttyle.edu/wellness/rightsresponsibilities.php

Grade Replacement/Forgiveness and Census Date Policies
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyle.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

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 census date (See Academic Calendar for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability Services
In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

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.

Emergency Exits and Evacuation:
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.