

**UNIVERSITY OF TEXAS AT TYLER**  
**DEPARTMENT OF KINESIOLOGY**

**COURSE SYLLABUS**

**FITNESS ASSESSMENT SKILLS**

**KINE 3306.003**

**Spring 2026, TR 9:30-10:50AM, HPC 2185**

Instructor: Reuben J. Cowan, M.S.  
Senior Lecturer  
Department of Health and Kinesiology

Office: HPC 3090  
Phone (903)566-7121  
Email: rcowan@uttyler.edu

Office hours: M 10-11AM, Tu 11AM-Noon, Th 11AM-Noon or by appointment

**COURSE 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 to and be able to properly administer the necessary skills required of health and fitness careers. This course should prepare each student to administer any one of those skills with precision.

**PREREQUISITE:** N/A

**REQUIRED TEXT:** ACSM's Health-Related Physical Fitness Assessment Manual, 6th Ed. (Wolters Kluwer Health, 2018, ISBN: **978-1975164454**).

This textbook is available for purchase in either hard copy or e-book formats, as well as a rental option. You may purchase the textbook or other supplies by contacting the UT Tyler Bookstore at 903-566-7070 or online.

**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 to 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 to 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.

### **EVALUATION:**

| Grading:                 |            | Criteria:              |
|--------------------------|------------|------------------------|
| Exams                    | 300 points | 90-100% A= 450-500 pts |
| Assignments              | 100 points | 80-89% B= 400-449 pts  |
| Attendance/Participation | 100 points | 70-79% C= 350-399 pts  |
|                          |            | 60-69% D= 300-349 pts  |
|                          |            | <60% F= <300 pts       |

### **COURSE FORMAT:**

#### *Course Delivery:*

Classes will consist of lectures and lab practice. In addition, students must be prepared to discuss the previously assigned readings (including handouts). That is- READ beforehand! Students will be called upon during each class and asked to provide insights into a particular question.

#### *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. I will be giving two free absences. 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 toe shoes or boots allowed. Failure to do either of those will result in a loss of points. Each day will have 5 points associated with it and failure to arrive on time or wear the appropriate clothing will result in no points for that day. Further, if we have a lab for a particular day, I will be checking the work that you completed to confirm your 5 points for the day.

#### *Assignments:*

There will be 5 assignments valued at 20 points apiece for a total of 100 points. There will be a few assignments that will require you to go out in the community to practice skills and data collection.

#### *Exams:*

There will be three exams based on material you learned during lectures 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 be penalized 25% for each day they are late. Contact me before the due date if you will be unable to complete it due to being sick, athletics, or emergencies and want to avoid a penalty. 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 before the next class (arrange with instructor).

### **COURSE POLICIES/EXPECTATIONS:**

1. It is expected that everyone will complete the assignments for each class meeting prior to class.
2. If you have special learning needs, please inform me on the first day of class.
3. Cell phones must be turned to "OFF" or "SILENT" (not VIBRATE) during class. Do not take calls or text others during class.
4. Please do not participate in any activity in the classroom that may be a distraction to other students or the instructor. This includes talking to neighbors during lectures or discussions, surfing the web, texting, instant messaging, checking e-mail, etc.
5. Please allow a couple of days for test grades to be posted and up to one week for written assignment grades to be posted.
6. Food and drinks are prohibited in university classrooms.
7. Academic dishonesty (cheating, plagiarism, copying, etc) will not be tolerated and will result in a failing grade for the semester.

### **COMMUNICATION:**

#### *Canvas:*

Please check Canvas daily, as I will post the syllabus, class announcements, lecture slides, assignments, journals, and grades. I will sometimes send out last minute announcements for the upcoming course to give reminders or special instructions.

#### *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 most likely go to my junk mail and I do not check that. If you happen to use those types of accounts more often than your

school account, there is a way to sync the two or set up the school account on your smart phone or iPad.

Upon receiving e-mails, I typically respond within the 24 hours of it being sent Monday thru Friday. However, there may be times when I do check my e-mail on the weekend. That is not to say however that you should expect me to reply on the weekends.

### **TECHNICAL INFORMATION:**

*Technical Support:* If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing [itsupport@uttyler.edu](mailto:itsupport@uttyler.edu).

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

*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.

You may check to see if your web browser is properly configured to use Canvas by clicking on the Student Resources tab within Canvas and selecting “Test Browser.” You may need the following: Adobe Reader, Java Runtime Environment, Adobe Flash Player, QuickTime, Windows Media Player, and RealPlayer.

### **PLAGIARISM/FRAUD:**

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at [www.uttyler.edu/mopp/chapter8.html](http://www.uttyler.edu/mopp/chapter8.html). *Any* act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

## **Handbook of Operating Procedures Section 2.09 Student Code of Conduct**

...Disciplinary proceedings may be initiated against any student for any of the following acts or omissions.

...Scholastic dishonesty, including, but not limited to, cheating plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- (i) "Cheating" includes, but is not limited to:
- copying from another student's test paper;
  - using during a test, materials not authorized by the person giving the test;
  - failure to comply with instructions given by the person administering the test;
  - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically prohibited by the person administering the test;
  - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test, key, homework solution, or computer program;
  - collaborating with or seeking aid from another student during a test or other assignment without authority;
  - discussing the contents of an examination with another student during a test or other assignment without authority;
  - discussing the contents of an examination with another student who will take the examination;
  - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;

### **COPYRIGHT:**

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

### **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/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.uttyler.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/ACCESSIBILITY SERVICES:**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness,

TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The **Student Accessibility and Resources** (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.utt Tyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 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.

### **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.

## ***Tentative Schedule***

### Week 1

**January 13**      Overview of Syllabus  
Prior to Thursday: Read Chapters 1-2

**January 15**      Lecture: Introduction and Definitions

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### Week 2

**January 20**      Lecture: Pre-Assessment Screening  
In-class – Informed Consent and HHQ

**January 22**      Lecture: Risk Factor Assessment, Exercise Readiness and Case Studies

***JANUARY 26 - LAST DAY TO WITHDRAW FROM COURSE WITHOUT  
PENALTY (12<sup>th</sup> CLASS DAY)***

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Week 3

**January 27**

Lab: Height, Weight, BMI

**January 29**

Lab: Heart Rate and Blood Pressure (Resting)

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Week 4

**February 3**

Lab: Heart Rate and Blood Pressure (Resting)

**February 5**

Assignment: Case Studies Due

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Week 5

**February 10**

Lab: Blood Pressure (Resting)

**February 12**

Review: Heart Rate and Blood Pressure (Resting)

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Week 6

**February 17**

Lab: Community Assessment of HR and BP

**February 19**

Exam 1 Written + Practical

Prior to Tuesday: Read Chapter 3

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Week 7

**February 24**

Lecture: Body Composition

**February 26**

Lab: BIA and Circumferences

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Week 8

**March 3**

Lab: BIA and Circumferences

**March 5**

Review: Body Composition

Prior to Tuesday: Read Chapter 7

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Week 9

**March 17**                      Lecture: Muscular Fitness

Assignment: Community Circumferences Due

**March 19**                      Lab: Field Tests Push-up, curl-up, hang test, pull- up test

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Week 10

**March 24**                      Lab: Hand Dynamometer and 1-RM tests

Prior to Thursday: Read Chapter 8

**March 26**                      Lecture: Flexibility

***MARCH 30 - LAST DAY TO WITHDRAW FROM COURSE WITH  
AUTOMATIC "W"***

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WEEK 11

**March 31**                      Lab: Flexibility Assessment

**April 2**                        Exam 2 + Practical

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Week 12

**April 7**                        Exam 2 + Practical

Prior to Thursday: Read Chapters 4 and 5

**April 9**                        Lecture: Cardiorespiratory Fitness

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Week 13

**April 14**                      Lab: Cardiorespiratory field tests

**April 16**                      Lab: Cycle and Treadmill Use, Submaximal Test  
Sign up for Final Practical

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Week 14

**April 21**                      Final Lab Practical

**April 23**                      Final Lab Practical

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Week 15

**April 28**

Final Lab Practical