

GRADUATE ASSESSMENT IN EXERCISE

APK5127 ~ 3 ~ FALL 2020

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OFFICE HOURS: Office Hours are 2-4p MWF (But any time by appointment)

MEETING TIME/LOCATION: Zoom Online, Thursday period 6-8

COURSE DESCRIPTION: This course is designed to allow students the opportunity to experience, discuss, and critically evaluate a wide variety of fitness assessments. Discussing assessments that measure multiple types of fitness components (skill-related fitness, health-related fitness, physiologic-related fitness etc.) While most of the class will address physical fitness assessments for apparently healthy individuals, some psychological, clinical, and population-specific assessments (specifically athletic populations) will also be addressed.

PREREQUISITE KNOWLEDGE AND SKILLS: PET 3351C (Physiology of Exercise & Training) or equivalent. Previous experiences in exercise physiology, undergraduate-level fitness assessment, or any familiarity with exercises and/or exercise equipment may be helpful.

COURSE GOALS:

- Feel comfortable selecting and performing appropriate fitness assessments, including all related equipment manipulation, calculations, conversions, data collection/summary, and interpretation of results.
- Explain the anatomy, physiology, and biomechanics underlying various fitness assessments.
- Consider scope of practice when selecting fitness assessments and interpreting data from assessments.
- Appreciate the historical development of modern fitness assessments, especially with regard to trends and technology.
- Appreciate the value of the methods section of a scientific publication.
- Appreciate how and why fitness assessments are used in various settings: fitness industry, sports, clinical, and even basic sciences (including animal studies). The student will understand the reasoning of why and how each assessment is performed. In addition, the student will be able to perform the assessment.

REQUIRED MATERIALS: No required materials need to be purchased for this lab, however Journal articles and lab protocols will be posted as PDF documents on CANVAS

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Since the class only meets once per week, and each student will be expected to present every week, unexcused absences are not permitted. If you have a planned absence, that must be approved within the first week of classes (if at all possible). Please email the course instructor via email to discuss make-up options for planned absences. Unapproved absences will result in a partial letter grade penalty. For example, if a student earned enough points for a B+ in the class, but had an unexcused absence, they would receive a B instead. If you have a serious emergency or life event, please contact the Dean of Students Office (www.dso.ufl.edu) and they will contact your instructor so that you do not have to provide documentation of the event/circumstance.

PERSONAL CONDUCT POLICY: UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

COURSE EVALUATIONS: Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <https://evaluations.ufl.edu> or directly in CANVAS. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open.

(NOTE ON EVALUATIONS): Please tell the instructor if you have any concerns about the class. Anything relating to the class, dissemination of material, grading, canvas etc. Writing a bad evaluation doesn't help you in this class. It will help the instructor improve the class for the next semester, but not your class.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>

- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Evaluation Components (number of each)	Weighted % of Total Grade
Weekly Quizzes	30%
Assessment Presentations	40%
Assessment Project	25%
Your Story Assignment	5%

Weekly Quiz – These will be multiple choice, true/false, and short-answer questions. Students will be given 30 minutes to complete the quiz. Each quiz will cover the protocols that were presented the week before. Notes can be used during the quiz. The goal of these quizzes is to ensure that students can adequately apply these protocols to fitness and health situations.

Assessment Presentations– All lectures will be on zoom. In addition, each zoom lecture will be recorded so students can use the lectures to study for upcoming quizzes. Each week, groups of 3 students will be expected to present a protocol on a particular component of fitness of their choice. For example, the component of health-related fitness of body composition; a student could choose Bodpod, Skinfold Measurements, Hydrostatic Weighing, MRI machine, 3D body scan etc. The presentation must be based off of citations, that will be given to the instructor before the presentation. The presentation will be divided into three sections, introduction, protocol, result evaluation, validation and conclusion. In total the presentation will last 15-20 minutes. Students are expected to present a different component each week. Students must submit their exercise assessment each week to Dr. Gordon for approval by Tuesday.

Quality Sources (Minimum of 2) – 10%

- Correct and sufficient information regarding Introduction of the assessment - 15%
- Correct and sufficient information regarding protocol of the assessment – 15%
- Correct and sufficient information regarding Conclusion of the assessment – 15%
- Good Presentation of Introduction – 15%
- Good Presentation of Protocol – 15%
- Good Presentation of Conclusion -15%

Assessment Project – Each student will be given a case study of a client scenario. Each client will have different health-history backgrounds and different goals. The student will then need to prepare a group of exercise assessment protocols that adequately address the history of the client and will ensure the safety and efficiency of the exercise prescription for that particular client. At a minimum the project will include 5 assessments addressing each component of health-related fitness, and 5 assessments that address components outside of the health-related components. For each assessment the student will need to describe and explain why this assessment is a proper assessment for this client and what the assessment is meant to do. More information will be provided about this project later in the semester.

Your Story Assignment – This is a short assignment at the start of the semester to help Dr. Gordon get to know you. There are 10 simple questions to answer about yourself that you'll turn in. Once you turn in the document, you'll sign up for a 10-minute time slot to meet with Dr. Gordon, so you can get to know each other.

GRADING SCALE: All course assignments are administered and graded within the Canvas course page, so students will have access to all grades as they submit assignments. Any assignment that requires the instructor to manually grade some aspect of it will be graded within one week of its due date, including the semester exams and final project. Final Grades will be rounded up at __.5 and above. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e. asking for preferential treatment) and will be handled accordingly.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93-100%	4.0
A-	90 – 92.99%	3.7
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0

D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Dates	Topic
1	(8/31 – 9/4)	<i>Introduction to Assessments</i>
2	(9/7 - 9/11)	<i>Submax Cardiovascular Tests</i>
3	(9/14 - 9/18)	<i>Maximal Cardiovascular VO₂ Tests</i> <i>Quiz on Submax</i>
4	(9/21 - 9/25)	<i>Cardiovascular Field Tests</i> <i>Quiz on Maximal</i>
5	(9/28 – 10/2)	<i>Muscular Endurance Tests</i> <i>Quiz on Field Tests</i>
6	(10/5 – 10/9)	<i>Anaerobic Power Test</i> <i>Quiz on Muscular Endurance</i>
7	(10/12– 10/16)	<i>Muscular Strength Test</i> <i>Quiz on Power</i>
8	(10/19 – 10/23)	<i>Balance Tests</i> <i>Quiz on Strength</i>
9	(10/26– 10/30)	<i>Speed Tests</i> <i>Quiz on Balance</i>
10	(10/21 – 10/25)	<i>Flexibility Tests</i> <i>Quiz on Speed</i>
11	(11/2 – 11/6)	<i>Body Composition Tests Part 1</i> <i>Quiz on Flexibility</i>

12	(11/9 – 11/13)	<i>Body Composition Tests Part 2</i> <i>Quiz on Body Composition</i>
13	(11/16 – 11/20)	<i>Movement and Mobility Tests</i> <i>Quiz on Body Composition</i>
14	(11/23 – 11/27)	NO CLASS THANKSGIVING
16	(12/14)	
<i>Final Assessment Project Due: 12/14</i>		

SUCCESS AND STUDY TIPS:

- Check-up with the instructor often. I don't mind answering questions; I don't mind reminding you about class. That's why I'm here.
- Stay on top of your reading. You can use hand-written notes on your quizzes, so spend some time on this each week.
- Stay organized. Keep track of all important due dates and do not procrastinate on the assessment project.