

## ASSESSMENT IN EXERCISE SCIENCE

APK5127 ~ 3 ~ FALL 2021

**INSTRUCTOR:** **Ben Gordon, Ph.D, CEP, CSCS**  
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**OFFICE HOURS:** Periods 3 and 4 on Tuesday and Thursday (Or by appointment)

**MEETING TIME/LOCATION:** FLG 107D, 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).

**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 students will be participating in physical labs and because class only meets once per week, unexcused absences are not permitted. However there will be a zoom option for class. Please let Dr. Gordon know ahead of time if you're planning on attending the zoom session. If you have a planned absence, that must be approved at least one week prior to the class you plan on missing and documentation to verify the reason for the request will be required. 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](http://www.dso.ufl.edu)) and they will contact your instructor so that you do not have to provide documentation of the event/circumstance. Requirements for class attendance are consistent with UF policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

**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/scr/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 understand the material any better or help the instructor make a better class.

## GETTING HELP:

### Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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 Reading Assessments	20%
Lab Participation	15%
Final Exam	25%
Your story Assignment	5%
Assessment Project	35%

**Class Participation** – All students who arrive on time will begin with 10 points. The following list outlines behaviors that will result in point deductions.

- Lateness -3 pts for every 5 minutes late
- Lack of professionalism (on phone, interruptions, sleeping, etc.) -3 pt
- Not participating (avoiding discussions, not asking questions) -3 pt

**Weekly Reading Assessments** – These will be multiple choice, true/false, and short-answer questions given at the beginning of each class. Students will be given 20-25 minutes to complete the assessment, which will cover the reading assignment for that day's activities. The goal of these reading assessments is to ensure that students have adequately prepared for the day's discussion and activities.

**Assessment Project** – Each student will pair up with another student in the class to perform assessments on each other and record the results. Each student will take their partner through 5 different assessments (each assessment measuring a different component of fitness). For each assessment the student will need the recorded data from the test, a comparison to normative data and overall result. Each student will compile the information from the assessments and compare it to the goals of the

partner and write a summary based on the results on where they are related to their goals. More information will be provided about this project throughout the semester.

**\*Alternate Assignment\***

If the student isn't comfortable with pairing up with another student to perform testing a student can request a case study. Each case study 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 the client, what the assessment is meant to do and provide sufficient research evidence. 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.

**APK IRON GATORS** – This is a project to get APK students more involved in fitness testing and physical activity. APK IRON GATORS will post record assessment scores for every component of fitness (skill and health related) for anyone in APK. In addition, there is the IRON GATOR challenge which consists of scoring in the 85<sup>th</sup> percentile in 10 different assessments of fitness. Each attempt of a record is worth .02% on a student's final grade, and an attempt of all 10 assessments for the IRON GATOR challenge is worth 1% on a student's final grade.

**GRADING SCALE:** All course assignments are administered and graded within the APK3163 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. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. 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	(8/23 – 8/27)	<i>Introduction to Assessments</i>
2	(8/30 – 9/3)	<i>Submax Cardiovascular Tests</i>
3	(9/6 - 9/10)	<i>Maximal Cardiovascular VO<sub>2</sub> Tests</i>
4	(9/13 - 9/17)	<i>Cardiovascular Field Tests</i>
5	(9/20 – 9/24)	Muscular Endurance Tests
6	(9/27 – 10/1)	<i>Anaerobic Power Test</i>
7	(10/4 – 10/8)	<b>NO CLASS THURSDAY - HOMECOMING</b>
8	(10/11 – 10/15)	<i>Anaerobic (Muscular) Strength Test</i>
9	(10/18 – 10/22)	<i>Load-Velocity Profile and VBT</i>
10	(10/25 – 10/29)	<i>Speed and Agility Tests</i>
11	(11/1 – 11/4)	<i>Flexibility and Goniometry</i>
12	(11/4 – 11/8)	<i>FMS Assessment</i>
13	(11/8 – 11/12)	<i>Star Excursion and Y-Balance Assessment</i>

14 (11/15 – 11/19) *Body Composition*

15 (11/22 – 11/26) **NO CLASS THURSDAY - THANKSGIVING**

16 (11/29 – 12/3) *Final Assessment work*

(12/15) *Final Assessment Due:*

#### SUCCESS AND STUDY TIPS:

- Check-in with the instructor often. I don't mind answering questions, that's why I'm here.
- Stay on top of your reading and make sure you understand the protocols for the assessments. Remember you want to be know these protocols well enough to perform the actual assessment.
- Stay organized. Keep track of all important due dates and do not procrastinate on the assessment project.