

**PHYSICAL FITNESS ASSESSMENT & EXERCISE
PRESCRIPTION W/ LAB**

APK 4125C ~ 03 CREDITS ~ SPRING 2021

INSTRUCTOR: **Ben Gordon, PhD, NSCA CSCS, NASM CES, ACSM C-EP**
 Office: FLG 106I
 Office Phone: 352-294-1755
 Email: bgordon1@ufl.edu
 Preferred Method of Contact: email or CANVAS email

OFFICE HOURS: Periods 7 and 8 on Tuesday and Thursday (Or by appointment)

MEETING TIME/LOCATION: Lectures on Mon/Wed Period 6 (12:50-1:40pm) in Turlington Hall L011
 Labs meet according to the following table:

CLASS NUMBER	LAB TIME	LOCATION	INSTRUCTOR
10782	W Period 8 - 9 (3:00 - 4:55 PM)	FLG 107D	Markus Furst
26115	W Period 8 - 9 (3:00 - 4:55 PM)	Online	Markus Furst
22123	F Period 6 - 7 (12:50 - 2:45 PM)	FLG 107D	Markus Furst
26116	F Period 6 - 7 (12:50 - 2:45 PM)	Online	Markus Furst
10783	R Period 1 - 2 (7:25 - 9:20 AM)	FLG 107D	John Roman
26117	R Period 1 - 2 (7:25 - 9:20 AM)	Online	John Roman
10784	W Period 2 - 3 (8:30 - 10:25 AM)	FLG 107D	John Roman
26118	W Period 2 - 3 (8:30 - 10:25 AM)	Online	John Roman
10785	T Period 8 - 9 (3:00 - 4:55 PM)	FLG 107D	Markus Furst
26120	T Period 8 - 9 (3:00 - 4:55 PM)	Online	Markus Furst
10786	M Period 4 - 5 (10:40 AM - 12:35 PM)	FLG 107D	Moriah Hanson
26122	M Period 4 - 5 (10:40 AM - 12:35	Online	Moriah Hanson

	PM)		
10787	W Period 4 - 5 (10:40 AM - 12:35 PM)	FLG 107D	John Roman
26213	W Period 4 - 5 (10:40 AM - 12:35 PM)	Online	John Roman

TEACHING ASSISTANTS:

- **JOHN ROMAN – JOHNTROMAN@UFL.EDU**
- **MORIAH HANSON – MORIAH.HANSON@UFL.EDU**
- **MARKUS FURST – MARKUSFURST@UFL.EDU**

COURSE DESCRIPTION: This course will introduce students to techniques of assessing physical fitness using traditional and state of the art processes. Students will also learn techniques of prescribing exercise programs based upon assessments of physical parameters. Students will participate in supervised practical lab experiences in assessment and prescription.

PREREQUISITE KNOWLEDGE AND SKILLS: Students must be a student in the college of Health and Human Performance and must have earned a C or better in APK 3110 (Physiology of Exercise Training).

REQUIRED AND RECOMMENDED MATERIALS: Students will need the following textbook for this course. It's not required, but it's highly recommended:

American College of Sports Medicine. ACSM's guidelines for exercise testing and prescription. Lippincott Williams & Wilkins, 2013.

COURSE FORMAT: Students will attend one-period lectures twice a week and a two-period lab once a week (either in-person or online depending on your section).

COURSE LEARNING OBJECTIVES: At the end of this course, students should be able to:

- Select, justify, and perform a variety of fitness assessments on apparently healthy adults.
- Utilize the results from fitness assessments as well as knowledge of professional and medically accepted standards to prescribe safe and effective exercise.
- Explain anatomical, physiological, and psychological components to fitness assessments and exercise programs.
- Discuss and evaluate trends in health/fitness with regard to safety and effectiveness.

In addition to these content-specific goals, this course assesses students on all nine of the Student Learning Objectives (SLO's) used by the Department of Applied Physiology & Kinesiology (APK) to determine preparedness for internship and graduation. These SLO's are:

Content

1. Integrate and apply principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.
2. Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.
3. Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).
4. Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.
5. Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.

Critical Thinking

6. Select and apply the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.
7. Solve applied physiology and kinesiology problems from personal, scholarly, and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical, critical, and creative thinking.
8. Collect, analyze, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.

Communication

9. Effectively employ written, oral, visual, and electronic communication techniques to foster inquiry, collaboration, and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients, and/or subjects.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE AND MISSED LABS POLICY: Students are expected to make every effort to attend all lectures and labs through the zoom application on canvas. If students cannot make it to the live lecture than they should watch the recorded version of the zoom lecture. Attendance for lab is mandatory and is a part of the laboratory grade for this course. Students must attend only the lab section for which they are enrolled, not the one most convenient for them on any particular day/week. If a student must miss their lab for a valid reason (e.g., personal illness, family emergency), they should make arrangements with their Lab TA, Lab Coordinator and Instructor to attend another section for that week only. Documentation of your reason for missing lab may be required. Unexcused absences are not permitted. For every unexcused lab absence that is not made-up, the student will receive a partial letter grade penalty. For example,

if you earned a B+ in the course but have an un-made up lab, you will receive a B. More specifics on lab grades can be found in the grading section of this syllabus

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Watch/Attend all Zoom Lectures
- Show respect for the authority of the graduate TAs through politeness and use of proper titles. In addition, understand that TAs are the authority on lab grades, Dr. Gordon will defer to their decision on lab grades. If you have questions regarding your lab grade, discuss it with your TA FIRST.
- Use of professional, courteous standards for all emails and discussions:
 - Descriptive subject line
 - Body of the email should be concise but have sufficient detail
 - Give a respectful salutation (e.g., thank you, sincerely, respectfully)
 - No textspeak (e.g., OMG, WTH, IMO)
- Watch/Attend the zoom lectures in a quiet location where you will be able to focus
- Adherence to the UF Student Honor Code:
<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor for first-time violators
 - Any use, access, or handling of technology during assessments will result in zero points for that assessment **and** potential failure of the course
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing. This includes looking at your neighbor's test form during an assessment or plagiarizing part or all of another student's lab report.

EXAM MAKE-UP POLICY: Make-up exams will be given at the discretion of the instructor. Unexcused missed exams will result in a zero on the exam (this includes contacting the instructor **after** the exam if you are ill). **You are absolutely not permitted a make-up exam for personal travel/vacations, so please make your travel arrangements accordingly.** 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 instructors so that you do not have to provide documentation of the emergency/death in order to get a make-up exam. Requirements for class attendance and make-up exams, assignments, and other work are consistent with the university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

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.

Students registered with the DRC should work with their Lab TA to arrange dates/times for the final lab practical if extended time on assessments is an approved accommodation. Students are encouraged to take lecture exams at the DRC where individualized accommodations can be provided. Students should email a copy of their accommodation letter to the course instructor *in the first week of classes if possible*, and request DRC exams as soon as possible to ensure that they are approved in time.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Thank you for serving as a partner in this important effort.

FOR FACE-TO-FACE SECTIONS ONLY:

- We will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.
- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
- Follow your instructor's guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.
- If you are experiencing COVID-19 symptoms ([Click here for guidance from the CDC on symptoms of coronavirus](#)), please use the UF Health screening system and follow the instructions on whether you are able to attend class. [Click here for UF Health guidance on what to do if you have been exposed to or are experiencing Covid-19 symptoms](#).

- Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. [Find more information in the university attendance policies.](#)

PRIVACY:

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

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:

The following table outlines the point-accruing components of the course.

Evaluation Components (n)	% of Total Grade
Midterm Lecture Exam (2)	20%
Comprehensive Lecture Final (1)	10%
Lab (8)	25%
Meet Your Professor Assignment	10%
Comprehensive Lab Practical (1)	15%
Quizzes (8)	15%
Practice Exercise Prescriptions (3)	10%

Midterms And Final Exam - The midterm lecture exams will (generally) consist of 40 multiple choice and true/false questions and 2 short answer questions. The comprehensive lecture final will consist of 40 multiple choice questions and 2 short answer questions. The emphasis on multiple choice questions was intentionally selected to prepare students to sit for certification-style examinations common in the health and fitness field.

Lab – For each lab students will receive 1 pt for attending the lab-zoom meeting with their TA. The other 9 pts will be earned through group lab reports. 2 of the 9 points will be earned through properly participating in your group's completion of each lab report. The percentage of these 2 points that each student receives will be based on the effort reports submitted by each group (each student in every group will submit an effort report on all of their group-members). The effort report will be a simple estimate of how much effort that student gave while creating the group lab report. As mentioned, lab reports will be completed in groups and should be submitted directly to the canvas gradebook. Turnitin will be used to ensure students are submitting original work. Detailed rubrics for each lab report will be provided in CANVAS. Lab reports are due at the start time of the following lab. Your TA will check the submission time in the gradebook to verify timely submission. Late submissions will result in a 1 point penalty. Lab reports should be typed and neatly/clearly labeled/organized. All group members' names must be present on the first page of the lab report. Not following the prescribed lab report template/rubric will result in a 1-2-pt deduction, depending on severity.

Comprehensive Lab Practical - There will be a comprehensive lab exam at the end of the semester where you will demonstrate a basic knowledge and ability to perform fitness assessments on actual individuals. As the semester advances, you will have an opportunity to sign up for a lab practical exam time on canvas calendar. The exams times will be throughout the last week and a half of the semester. **Students must earn a 3 out of 5 on each of the student learning objectives assessed by this exam in order to register for an APK Internship and to PASS THE PROGRAM.** If you fail to meet this standard, you will be asked to remediate the exam with a new administrator, but you will not be allowed to gain more points on it. For example, if you score 25 on the exam, that will be used to calculate your course grade. You will still have to retake the exam to demonstrate proficiency, but you cannot increase your grade. Remember that this course assesses student on SLO's of the entire program, and may require the student to recall information from previous APK classes such as APK 2100, APK 2105, APK 3110.

Quizzes – 8 quizzes will be given throughout the semester. These quizzes will be administered on canvas and they will be open for 12 hours on Wednesday. These quizzes are short and to the point. Each quiz could contain fill-in-the-blank, multiple choice, short answer, and true or false questions. Each quiz will range between 5 and 10 questions.

Practice Exercise Prescriptions – 3 assignments will be given throughout the semester to critically think about a specific assessment or prescription application. The main objective of these assignments is to practice prescription creation.

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 grades will be posted directly into the CANVAS gradebook. Any grading discrepancies should be pointed out to the instructor before the final exam. 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 extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment).*

Minus grades are not assigned for this course. Should points need to be altered during the term (not likely, but things like hurricanes can really muck things up), these percentages will still be used to determine grades (i.e., 90% = A).

Letter Grade	Percent Associated with Grade	GPA Impact
A	90.00-100%	4.0
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
F	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Date	Lecture Topic	Lab Topic
1	Jan 11	Syllabus and Teaching Philosophy	No Labs
	Jan 13	Introduction to Exercise Prescription and Assessment	
2	Jan 18	MLK Day – No Classes	No Labs
	Jan 20	Introduction to Exercise Prescription and Assessment Pre-participation Screening	
3	Jan 25	Pre-Participation Screening	Introduction to labs
	Jan 27	Pre-participation Screening cont... Quiz 1	
4	Feb 1	Cardiorespiratory Fitness Assessment	Lab 1 - HR, BP, ECG
	Feb 3	Cardiorespiratory Fitness Assessment cont...	
5	Feb 8	Cardiorespiratory Fitness Assessment cont... Prescription Assignment 1	Lab 2 - VO2 Max
	Feb 10	Muscle Fitness Assessment Quiz 2	
6	Feb 15	Muscle Fitness Assessment cont...	Lab 3 - VO2 Submax
	Feb 17	Body Composition Assessment Quiz 3	
7	Feb 22	Body Composition Assessment cont...	Lab 4 - RMR and ACSM Metabolic Equations
	Feb 24	Flexibility/Functional Mvmt Assess	
8	Mar 1	Flexibility/Functional Mvmt Assess	Lab 5 - Skinfolds, WHR, BMI, BIA
	Mar 3	1st Midterm Exam (Prescription Assignment 1 due)	
9	Mar 8	Cardiorespiratory Exercise Programming	Lab 6 – The Bod Pod
	Mar 10	Cardiorespiratory Exercise Programming cont...	
10	Mar 15	Cardiorespiratory Exercise Programming cont...	Lab 7 - Muscular Strength/Endurance
	Mar 17	Cardiorespiratory Exercise Programming cont... Prescription Assignment 2 Quiz 4	

11	Mar 22	Resistance Exercise Programming	Lab 8 - Flexibility and Balance
	Mar 24	Resistance Exercise Programming cont...	
12	Mar 29	Resistance Exercise Programming cont...	Practice Practicals
	Mar 31	Resistance Exercise Programming cont... Quiz 5 Prescription Assignment 2 Due	
13	Apr 05	2 nd Midterm Exam	Practice Practicals
	Apr 07	Flexibility Exercise and Corrective Programming cont... Prescription Assignment 3 Quiz 6	
14	Apr 12	Flexibility Exercise and Corrective Programming cont...	Lab Practical sign up
	Apr 14	Flexibility Exercise and Corrective Programming cont... Quiz 7	
15	Apr 19	General Contraindications to Exercise Quiz	Lab Practicals sign up
	Apr 21	General Contraindications to Exercise cont... Prescription Assignment 3 Due Quiz 8	
Comprehensive Final Exam – 4/28 12:30p			

SUCCESS AND STUDY TIPS:

- Read the text. Use the ACSM guidelines to your advantage. Do not take notes, underline, highlight, or attempt to memorize anything...JUST READ and enjoy!
- Snow-ball the lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to the exam.
- If you get lost or don't understand the material or an assignment ask the instructor. If it's a question regarding lecture than ask Dr. Gordon. If it's a question regarding lab ask your TA. That's what we're here for, to help you learn.
- While you're studying try and engage your classmates. This material is meant to be discussed and used.
- If there is something in the textbook that was NOT covered in lecture, you are not expected to know it. There is a lot in the text that we don't have time to cover.
- Rather than memorizing tables and charts, look at data tables and graphs and see what trends or themes you can determine from those. Can you describe what you see and what the significance is?

- Lastly, don't get overwhelmed by the material for these classes, just and have fun.
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