

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

APK 4125C ~ 03 CREDITS ~ SPRING 2022

INSTRUCTOR: **Ben Gordon, PhD, NSCA CSCS, NASM CES, ACSM C-EP**
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 Preferred Method of Contact: email or CANVAS email

OFFICE HOURS: By appointment, available any day of the week, just email.

MEETING TIME/LOCATION: Lectures on Mon/Wed Period 6 (12:50-1:40pm) in
 Williamson Hall Room 100
 Labs meet according to the following table:

Class number	Lab Time	TA
10655	W Period 8 – 9 (3:00PM - 4:55PM)	Florian
10656	R Period 4 – 5 (7:25AM – 9:20AM)	Florian
10657	W Period 2 - 3 (8:30 AM - 10:25 AM)	Michael
10658	T Period 8 - 9 (3:00 PM - 4:55 PM)	Alf
10659	M Period 4 - 5 (10:40 AM - 12:35 PM)	Florian
10660	W Period 4 - 5 (10:40 AM - 12:35 PM)	Michael
20248	F Period 6 - 7 (12:50 PM - 2:45 PM)	TBA

TEACHING ASSISTANTS:

- **MICHAEL RUA (LAB COORDINATOR) – MICHAELRUA@UFL.EDU**
- **FLORIAN ROTH – FLORIAN.ROTH@UFL.EDU**
- **ALF FELIPE – BBOYAYE@UFL.EDU**
- **JESSICA HUBBARD (UNDERGRADUATE TA) – JESSICA.HUBBARD@UFL.EDU**
- **RILEY MARSCHALL (UNDERGRADUATE TA) – RILEYMARSCHALL@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 fitness. 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.

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. 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 Lectures
- Show respect for the authority of the graduate and undergraduate 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)
- 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). 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.

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.

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)	30%
Comprehensive Lecture Final (1)	15%
Lab (8)	20%
Meet Your Professor Assignment	5%
Comprehensive Lab Practical (1)	12.5%
Quizzes (8)	12.5%
Practice Exercise Prescriptions (3)	5%

Midterms And Final Exam - The midterm lecture exams will (generally) consist of 40 fill-in the blank, multiple choice and true/false questions and 2 free-response questions. The comprehensive lecture final will consist of 40 multiple choice questions and 2 short answer questions.

Lab – For each lab students will receive 2 points through properly participating in their 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. The questions listed for each lab will be the remaining 8 points of the lab report grade. Lab reports will be completed in groups and should be

submitted directly on canvas. Turnitin will be used to ensure students are submitting original work. 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. 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 – 9 quizzes will be given throughout the semester. These quizzes will be administered on canvas and they will be open for 12 hours on Monday or 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 Prescription and Assessments – Each student will be expected to practice 2 of the following assessments (YMCA cycle ergometer test, Bruce Protocol Test, Heart Rate and Blood Pressure, Skinfold Assessments, YMCA bench press test, 1-RM test). The 2 assessments must be practiced in a 1-on-1 session with one of the undergraduate teaching assistants. Students can schedule the assessments by contacting the undergraduate TA's and scheduling a time. Students can perform any of the assessments after they have performed the assessment in their lab section. In addition to the assessments, students will be given a prescription assignment near the end of 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.

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 85th percentile in 10 different assessments of fitness. Each attempt of a record is worth .02% on a students final grade, and an attempt of all 10 assessments for the IRON GATOR challenge is worth 1% on a students final grade.

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 3	No Class	No Labs
	Jan 5	Syllabus and Introduction to Exercise Prescription	
2	Jan 10	Introduction to Exercise Prescription and Assessment	Introduction to Labs
	Jan 12	Pre-participation Screening and Resting Measurements	

3	Jan 17	MLK Day – No Classes	No Labs
	Jan 19	Pre-participation Screening and Resting Measurements Quiz 1	
4	Jan 24	Cardiorespiratory Fitness Assessment	Lab 1 - HR, BP, ECG
	Jan 26	Cardiorespiratory Fitness Assessment cont...	
5	Jan 31	Cardiorespiratory Fitness Assessment cont... Quiz 2	Lab 2 - VO2 Max
	Feb 2	Muscle Fitness Assessment	
6	Feb 7	Muscle Fitness Assessment Quiz 3	Lab 3 - VO2 Submax
	Feb 9	Body Composition Assessment	
7	Feb 14	Body Composition Assessment Quiz 4	Lab 4 - RMR and ACSM Metabolic Equations
	Feb 16	Flexibility/Functional Mvmt Assess	
8	Feb 21	Flexibility/Functional Mvmt Assess Quiz 5	Lab 5 - Skinfolds, WHR, BMI, BIA
	Feb 23	1st Midterm Exam (Prescription Assignment 1 due)	
9	Feb 28	Cardiorespiratory Exercise Programming	Lab 6 – The Bod Pod
	Mar 2	Cardiorespiratory Exercise Programming cont... Quiz 6	
10	Mar 7	SPRING BREAK – No Class	No LAB
	Mar 9	SPRING BREAK – No Class	
11	Mar 14	Cardiorespiratory Exercise Programming	Lab 7 - Muscular Strength/Endurance
	Mar 16	Cardiorespiratory Exercise Programming Quiz 7	
12	Mar 21	Resistance Exercise Programming	Lab 8 - Flexibility and Balance
	Mar 23	Resistance Exercise Programming cont...	
13	Mar 28	Resistance Exercise Programming cont...	Practice Practicals
	Mar 30	Resistance Exercise Programming cont... Quiz 8	

		Prescription Assignment 2 Due	
14	Apr 4	2 nd Midterm Exam	Practice Practicals
	Apr 6	Flexibility Exercise and Corrective Programming cont... Prescription Assignment 3	
15	Apr 11	Flexibility Exercise and Corrective Programming cont...	Lab Practicals
	Apr 13	Flexibility Exercise and Corrective Programming cont... Quiz 9	
16	Apr 18	General Contraindications to Exercise Quiz	Lab Practicals
	Apr 20	General Contraindications to Exercise cont... Prescription Assignment 3 Due Quiz 8	
	Apr 27	Comprehensive Final Exam 12:30-2:30p	

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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