

# PHYSICAL FITNESS ASSESSMENT & EXERCISE PRESCRIPTION

APK4125 | 4 Credits | SPRING 2024

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## Course Info

### INSTRUCTOR

Ben Gordon, Ph.D., NSCA-CSCS, ACSM C-EP  
Office: FLG 106I  
Office Phone: 352-294-1755  
Email: [bgordon1@ufl.edu](mailto:bgordon1@ufl.edu)  
Preferred Method of Contact: email

### OFFICE HOURS

Weekly office hours by appointment, schedule a zoom meeting with the instructor at your preferred time.

### MEETING TIME/LOCATION

Lectures on Mon/Wed Period 6 (12:50-1:40pm) in Williamson 100

CLASS #	LAB TIME	LOCATION	TA
10584	W 8-9 (3:00-4:55pm)	Lab 107D	Jessica Hubbard
10585	Th 1-2 (7:25-9:20am)	Lab 107D	Florian Roth
10586	W 2-3 (8:30-10:25am)	Lab 107D	John Stauffer
10587	T 8-9 (3:00-4:55pm)	Lab 107D	Jessica Hubbard
10588	M 4-5 (10:40-12:35pm)	Lab 107D	John Stauffer
10589	W 4-5 (10:40-12:35pm)	Lab 107D	John Stauffer
18747	F 6-7 (12:50-2:45pm)	Lab 107D	Jessica Hubbard

### TEACHING ASSISTANTS CONTACTS:

- JESSICA HUBBARD (LAB COORDINATOR) – [JESSICA.HUBBARD@UFL.EDU](mailto:JESSICA.HUBBARD@UFL.EDU)
- JOHN STAUFFER – [JSTAUFFER@DENTAL.UFL.EDU](mailto:JSTAUFFER@DENTAL.UFL.EDU)
- FLORIAN ROTH – [FLORIAN.ROTH@UFL.EDU](mailto:FLORIAN.ROTH@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. 11<sup>th</sup> Edition Lippincott Williams & Wilkins, 2021.*

## COURSE FORMAT

Students will attend one-period lectures twice a week and a two-period lab once a week.

## COURSE LEARNING OBJECTIVES:

The following table describes the UF General Education student learning outcomes (SLOs) and the specific learning objectives for APK 4125c. By the end of this course, students should be able to:

Gen Ed SLOs	APK 4125c Course Goals	Assessment Method
<b>Content:</b> Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	<ul style="list-style-type: none"><li>• Integrate and apply principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.</li><li>• Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.</li><li>• Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).</li><li>• Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.</li></ul>	<ul style="list-style-type: none"><li>• Quizzes</li><li>• Individual Exams</li><li>• Lab Reports</li><li>• Final Practical Exam</li></ul>

	<ul style="list-style-type: none"> <li>• Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.</li> </ul>	
<p><b>Communication:</b> Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.</p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Final Practical Exam</li> </ul>
<p><b>Critical Thinking:</b> Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.</p>	<ul style="list-style-type: none"> <li>• Select and apply the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.</li> <li>• 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.</li> <li>• Collect, analyze, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.</li> </ul>	<ul style="list-style-type: none"> <li>• Individual exams</li> <li>• Final Practical exam</li> <li>• Lab Reports</li> </ul>

## Course & University Policies

### ATTENDANCE POLICY

Students are expected to make every effort to attend all lectures and labs. If students cannot make it to the live lecture then they should watch the recorded version of the zoom lecture. Attendance for lab is **mandatory**. Students must attend 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 for lab 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 a missing lab, you will receive a B (it may drop lower than that).

### 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
- 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 Student Conduct and Conflict Resolution.
  - 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

## 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](http://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 with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

## COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

## Getting Help

### HEALTH & 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/>

### INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Ashley Smuder, APK Culture and Engagement Committee Chair, [asmuder@ufl.edu](mailto:asmuder@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)
- Dr. Stephen Coombes, APK Graduate Coordinator, [scoombes@ufl.edu](mailto:scoombes@ufl.edu)

## Grading

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

Evaluation Components (n)	% of Total Grade
Midterm Lecture Exam	35%
Comprehensive Lecture Final	20%
Lab and Practice Practicals	20%
Your Story Assignment	2.5%
Comprehensive Lab Practical	12.5%
Quizzes & Practice Prescriptions	10%
Iron Gator Assessments	Extra Credit

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

**Lab** – For each lab students will have an in-lab quiz that will cover the material of the previous lab. The quiz will contain 15 questions including multiple choice, true/false and fill-in-the-blank questions. Each quiz will be worth 20 points. The questions of the quiz are worth 15 points, but to receive the full 20 points a student will need to turn in the data sheet from the previous week's lab for an additional 5 points. For more information regarding lab grading and lab quizzes ask the TA's once labs have begun.

**Comprehensive Lab Practical** - There will be a comprehensive lab exam at the end of the semester where students will demonstrate a basic knowledge and ability to perform fitness assessments. As the semester advances, you will have an opportunity to sign up for a lab practical exam time on canvas calendar. The actual exam times will be throughout the last week and a half of the semester. The practical is graded out of 45 points. The rubric will be thoroughly explained in lab. **Students must earn a 3 out of 5 on each of the student learning objectives assessed by this exam in order to PASS THE COURSE AND 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 first attempt of the exam, that 25 will be used to calculate your course grade regardless of what you score on the retake. Remember that this course assesses students 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** – Quizzes will be given throughout the semester. These quizzes will be administered on canvas and they will be open for roughly a week after the material has been covered in class. 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 is 10 questions.

**Practice Assessments** – Each student will be expected to practice 3 of the following assessments (YMCA cycle ergometer test (sub-maximal  $VO_2$  test), Bruce Protocol Test (maximal  $VO_2$  test), Heart Rate and Blood Pressure, Skinfold Assessments, YMCA bench press test, 1-RM test). These practice assessments are to ensure that students get enough experiential learning with all the assessments that are covered in this class. The 3 assessments must be practiced in a 1-on-1 session with one of the undergraduate teaching assistants. Students can schedule the assessments by going on the canvas calendar. **THESE ARE A MANDATORY PORTION OF YOUR LAB GRADE AND MUST BE COMPLETED BY THE END OF 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 an extra-credit 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. Within IRON GATORS there is a specific challenge known as the IRON GATOR challenge. The challenge requires a student to score in the 85<sup>th</sup> percentile in 10 different assessments of fitness. Every assessment a student attempts is worth .02% on a student's final grade, and an attempt of 10 assessments for the IRON GATOR challenge is worth 1% on a student's final grade.

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

### CRITICAL DATES & UF OBSERVED HOLIDAYS

- No Class: Martin Luther King Jr.'s Birthday – Monday January 15th
- No Class: Spring Break – Monday March 11<sup>th</sup> – Friday March 15<sup>th</sup>

### WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Lab Topics
1	1/8 & 1/10	1/8 - Syllabus and Introduction to Exercise Prescription 1/10 - Introduction to Exercise Prescription and Assessment	NO LABS
2	1/15 & 1/17	1/15 – <b>NO CLASS</b> 1/17 - Pre-participation Screening and Resting Measurements	NO LABS
3	1/22 & 1/24	1/22 – Pre-participation Screening and Resting Measurements 1/24 - Pre-participation Screening and Resting Measurements	Introduction to Labs
4	1/29 & 1/31	1/29 - Cardiorespiratory Fitness Assessment 1/31 - Cardiorespiratory Fitness Assessment	Lab 1 - HR, BP
5	2/5 & 2/7	2/5 - Cardiorespiratory Fitness Assessment 2/7 - Muscle Fitness Assessment	Lab 2 – ECG
6	2/12 & 2/14	2/12 - Muscle Fitness Assessment 2/14 - Muscle Fitness Assessment	Lab 3 - VO2 Max

7	2/19 & 2/21	2/19 - Body Composition Assessment 2/21 - Body Composition Assessment	Lab 4 - VO2 Submax
8	2/26 & 2/28	2/26 - Flexibility/Functional Mvmt Assess 2/28 - Flexibility/Functional Mvmt Assess	Lab 5 - RMR and ACSM Metabolic Equations
9	3/4 & 3/6	3/4 – Exam 1 3/6 - Cardiorespiratory Exercise Programming	Lab 6 - Skinfolds, WHR, BMI, BIA
10	3/11 & 3/13	3/11 – <b>NO CLASS</b> 3/13 – <b>NO CLASS</b>	
11	3/18 & 3/20	3/18 - Cardiorespiratory Exercise Programming 3/20 – Cardiorespiratory Exercise Programming	Lab 7 – The Bod Pod
12	3/25 & 3/27	3/25 – Cardiorespiratory Exercise Programming 3/27 - Resistance Exercise Programming	Lab 8 - Muscular Strength/Endurance
13	4/1 & 4/3	4/1 - Resistance Exercise Programming 4/3 - Resistance Exercise Programming	Lab 9 - FMS
14	4/8 & 4/10	4/8 – Resistance Exercise Programming 4/10 – Exam 2	Lab 10 – Flexibility and Balance
15	4/15 & 4/17	4/15 – Corrective Exercise Programming 4/17 - Corrective Exercise Programming	Practice Practicals
16	4/22 & 4/24	4/22 - Corrective Exercise Programming 4/24 - Corrective Exercise Programming	<b>Final Practicals (4/23 – 5/3)</b>
<b>FINAL EXAM - 4/30/2024 @ 3:00 - 5:00 PM</b>			

## SUCCESS AND STUDY TIPS

- Read the text. Use the ACSM guidelines to your advantage.
- 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 facilitate learning.
- 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. 😊