

# ASSESSMENT IN EXERCISE SCIENCE

APK5127 | 3 Credits | FALL 2023

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## Course Info

### INSTRUCTOR

Ben Gordon, Ph.D., NSCA-CSCS, ACSM C-EP  
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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

FLG 107D, Friday 12:50 – 3:50p 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.

## 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 lab period 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 5127. By the end of this course, students should be able to:

Gen Ed SLOs	APK 5127 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>• Explain the anatomy, physiology, and biomechanics underlying various fitness assessments.</li><li>• Explain the historical development of modern fitness assessments, especially with regard to trends and technology.</li><li>•</li></ul>	<ul style="list-style-type: none"><li>• Weekly Presentation</li><li>• Lab Participation</li><li>• Final Exam</li></ul>
<b>Communication:</b> Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	<ul style="list-style-type: none"><li>• Feel comfortable selecting and performing appropriate fitness assessments, including all related equipment manipulation, calculations, conversions, data collection/summary, and interpretation of results</li><li>• Be able to properly communicate methodology of research paper</li></ul>	<ul style="list-style-type: none"><li>• Weekly Presentation</li><li>• Lab Participation</li></ul>
<b>Critical Thinking:</b> Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	<ul style="list-style-type: none"><li>• Consider scope of practice when selecting fitness assessments and interpreting data from assessments.</li><li>• 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.</li></ul>	<ul style="list-style-type: none"><li>• Weekly Presentation</li><li>• Lab Participation</li><li>• Final Exam</li></ul>

## Course & University Policies

### ATTENDANCE POLICY

Students must attend every lab period. Especially the lab that each student is instructing. **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 an missing 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
- 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

There is only one exam, the final exam. However make-up final 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. **Any variation of this statement is acceptable. More details are always helpful to DRC-registered students.**

## 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

Please feel free to list as many or as few resources here as you would like. However, the **counseling and wellness center** and the **UFPD** contacts are required.

## 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 (number of each)	% of Total Grade
Presentation of Weekly Fitness Assessment	40%
Lab Participation	35%
Final Exam	20%
Your story Assignment	5%

**Presentation of Weekly Fitness Assessment** – Each student will choose one fitness assessment scheduled for the semester to present and teach to the rest of the class. Only one of these presentations will need to be completed during the semester. Students will be expected to prepare a presentation/lecture outlining the background information regarding the fitness assessment. The lecture will describe in detail what the component of fitness the assessment evaluates, what is directly measured by the assessment, and why the measurement is important. Following the lecture, the student will be expected to guide the rest of the students through the physical completion of assessment. At the completion of the assessment a small assignment using the data of the assessment will need to be given to the rest of the class.

**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
- Lack of professionalism (on phone, interruptions, sleeping, etc.)
- Not participating in lecture (avoiding discussions, not asking questions)
- Not recording data during fitness assessments
- Not participating in fitness assessments
- Not submitting assignment for each of the assessments

**Comprehensive Final** - The final exam will consist of multiple-choice, true-false, and short answer questions revolving around all of the fitness assessments that were completed during the semester. The exam will be completed on the day listed on one.uf.

**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 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.

To Schedule Iron Gator Assessments Please Contact one of the following undergraduate TA's:

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: Thanksgiving Break, November 24th

### WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Instructor
1	Aug 25	Introduction to Exercise Assessments	No Lab
2	Sept 1	Submaximal Cardiovascular Tests	Dr. Gordon
3	Sept 8	Maximal Cardiovascular Tests	TBA
4	Sept 15	Cardiovascular Field Tests	TBA
5	Sept 22	Muscular Endurance Tests	TBA
6	Sept 29	Anaerobic Power Tests	TBA

7	Oct 6	<b>NO CLASS</b>	
8	Oct 13	Muscular Strength Test	TBA
9	Oct 20	Body Composition	TBA
10	Oct 27	Speed and Agility Tests	TBA
11	Nov 3	Flexibility Tests FMS Assessment	TBA
12	Nov 10	<b>NO CLASS</b>	TBA
13	Nov 17	Balance Assessments	TBA
14	Nov 24	<b>NO CLASS</b>	No Labs
15	Dec 1	Load-Velocity Profile and VBT	TBA
FINAL EXAM: 12/14/2023 @ 12:30PM - 2:30 PM			

### 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 presentation topic and make sure you understand the protocols for the assessments. Remember you want to be know these protocols well enough to teach someone else how to perform it.
- Make sure to keep track of all of the assessments performed in lab because you'll be tested on all them on the final exam.