

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

APK 4125C ~ 03 CREDITS ~ SPRING 2019

INSTRUCTOR: **Ben Gordon, PhD, NSCA CSCS, NASM CES, ACSM C-EP**
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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 Weimer Hall 1064
 Labs meet according to the following table:

CLASS NUMBER	LAB TIME	LOCATION
10726	W Period 8 – 9 (3:00 PM - 4:55 PM)	FLG 107D
10727	R Period 1 - 2 (7:25 AM - 9:20 AM)	FLG 107D
10728	W Period 2 - 3 (8:30 AM - 10:25 AM)	FLG 107D
10729	T Period 8 - 9 (3:00 PM - 4:55 PM)	FLG 107D
10730	M Period 4 - 5 (10:40 AM - 12:35 PM)	FLG 107D
10731	W Period 4 - 5 (10:40 AM - 12:35 PM)	FLG 107D
23602	F Period 6 - 7 (12:50 PM - 2:45 PM)	FLG 107D

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:

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. Lecture attendance is monitored through TopHat, it is not mandatory but it can help your grade. Attendance and participation in lab is mandatory and is a large part of your 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 to attend another section for that week only. Documentation of your reason for missing lab will 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
- Arrive to lecture and lab on time (i.e., *a few minutes early*)
- Show respect for the authority of the graduate TAs through politeness and use of proper titles.
- 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)
- No texting or checking Face Book (or the like) during class/lab instruction time
- No personal/disruptive conversations during class/lab instruction time
- 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. There will be no need to sign up for a time slot when the sign-up sheets get posted. 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.

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)	10%
Comprehensive Lecture Final (1)	10%
Lab (10)	30%
BP/HR/Skinfold Log (1)	10%
Comprehensive Lab Practical (1)	15%
Quizzes (5)	15%
Practice Exercise Prescriptions (5)	10%
TopHat Questions and Attendance	5% (Bonus)

Midterms And Final Exam - The midterm lecture exams will 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 meeting, 2 pts will be assigned for active participation. Students will forfeit 1 pt for each of the following: late arrival, inappropriate use of technology, unprofessional behavior (cursing, talking during TA lecture, inappropriate joking, etc.), or other behaviors deemed disruptive by your TA. The other 8 pts will be earned through lab reports. 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.

BP/HR/Skinfold Log – Students will practice assessing resting heart rate, resting blood pressure, and 7-site skinfolds on 10 females and 10 males across the semester. No more than five males and five females from class should be used as subjects for this assignment. Equipment will be provided to students by your lab TA. A data collection sheet will be posted in CANVAS. Once students have assessed 20 individuals, the data sheet (with calculations) should be submitted to the CANVAS gradebook. **This will be due March 20th at 11:59pm.** Turnitin will be used to ensure students are submitting original work.

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 exam time. Most of these times will be during your normal lab time, but some may need to be scheduled outside of that time. **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.** 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.

Quizzes - Five quizzes will be given throughout the semester. 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

Practice Exercise Prescriptions – 5 assignments will be given throughout the semester to critically think about a specific assessment or prescription application. A rubric will be given for each assignment.

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
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Date	Lecture Topic (and Reading Pages)	Lab Topic
1	Jan 06	Syllabus and Teaching Philosophy	No Labs
	Jan 08	Introduction to Exercise Prescription and Assessment	
2	Jan 13	Introduction to Exercise Prescription and Assessment	Intro to Lab
	Jan 15	Pre-participation Screening	
3	Jan 20	MLK Day – no lecture or Lab	No Labs
	Jan 22	Pre-participation Screening cont...	
4	Jan 27	Cardiorespiratory Fitness Assessment Quiz	Lab 1 - HR, BP, ECG
	Jan 29	Cardiorespiratory Fitness Assessment cont...	

5	Feb 03	Cardiorespiratory Fitness Assessment cont... (Prescription assignment 1 due)	Lab 2 - VO2 Max
	Feb 05	Muscle Fitness Assessment Quiz	
6	Feb 10	Muscle Fitness Assessment cont...	Lab 3 - VO2 Submax
	Feb 12	Body Composition Assessment Quiz	
7	Feb 17	Body Composition Assessment cont...	Lab 4 - RMR and ACSM Metabolic Equations
	Feb 19	Flexibility/Functional Mvmt Assess	
8	Feb 24	Flexibility/Functional Mvmt Assess	Lab 5 - Skinfolds, WHR, BMI, BIA
	Feb 26	1 st Midterm Exam (Prescription Assignment 2)	
9	Mar 02	Spring Break – No Lecture or Lab	No Lab
	Mar 04	Spring Break – No Lecture or Lab	
10	Mar 09	Cardiorespiratory Exercise Programming	Lab 6 – The Bod Pod
	Mar 11	Cardiorespiratory Exercise Programming cont...	
11	Mar 16	Cardiorespiratory Exercise Programming cont...	Lab 7 - Muscular Strength/Endurance
	Mar 18	Cardiorespiratory Exercise Programming cont...	
12	Mar 23	Resistance Exercise Programming Quiz (Prescription Assignment 3)	Lab 8 - Flexibility and Balance
	Mar 25	Resistance Exercise Programming cont...	
13	Mar 30	Resistance Exercise Programming cont...	Aerobic Exercise Prescription
	Apr 01	Resistance Exercise Programming cont...	
14	Apr 06	2 nd Midterm Exam	Resistance Exercise Prescription
	Apr 08	Flexibility Exercise and Corrective Programming cont... (Prescription Assignment 4)	
15	Apr 13	Flexibility Exercise and Corrective Programming cont...	Lab Practicals – <i>sign up</i>
	Apr 15	Flexibility Exercise and Corrective Programming cont...	
16	Apr 20	General Contraindications to Exercise Quiz (Prescription Assignment 5)	Lab Practicals – <i>sign up</i>
	Apr 22	General Contraindications to Exercise cont...	
Comprehensive Final Exam – Wed April 28th, 12:30pm-2:30pm, WEIM 1064			

SUCCESS AND STUDY TIPS:

- Read from the text BEFORE attending lecture. 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 as 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 your studying and trying to fully understand the material, engage your classmates. This material is meant to be discussed and used...and you can't do with just yourself.
 - 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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