

ASSESSMENT IN EXERCISE SCIENCE

APK5127 | 3 Credits | FALL 2024

Connect with HHP



Course Info

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

OFFICE HOURS Thursday 12:00 – 2:00p

**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. 11th 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
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	<ul style="list-style-type: none">• Explain the anatomy, physiology, and biomechanics underlying various fitness assessments.• Explain the historical development of modern fitness assessments, especially with regard to trends and technology.•	<ul style="list-style-type: none">• Weekly Presentation• Lab Participation• Final Exam
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	<ul style="list-style-type: none">• Feel comfortable selecting and performing appropriate fitness assessments, including all related equipment manipulation, calculations, conversions, data collection/summary, and interpretation of results• Be able to properly communicate methodology of research paper	<ul style="list-style-type: none">• Weekly Presentation• Lab Participation
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	<ul style="list-style-type: none">• Consider scope of practice when selecting fitness assessments and interpreting data from assessments.• 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.	<ul style="list-style-type: none">• Weekly Presentation• Lab Participation• Final Exam

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 a 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.

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The [Student Honor Code and Conduct Code \(Regulation 4.040\)](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits [*cheating*](#). The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity’s express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

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) 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.

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 someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- **University Police Department:** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- **GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- **E-learning technical support:** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources.

- **Teaching Center:** Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- **Writing Studio:** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances:** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, jahlgren@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 85th 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: Labor Day, September 2nd
- No Class: Homecoming, October 18th
- No Class: Veteran's Day, November 11th
- No Class: Thanksgiving, November 25th – 29th

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Instructor
1	Aug 23	Introduction to Exercise Assessments	Dr. Gordon
2	Aug 30	Submaximal Cardiovascular Tests	Dr. Gordon
3	Sept 6	Maximal Cardiovascular Tests	TBA
4	Sept 13	Cardiovascular Field Tests	TBA
5	Sept 20	Load Velocity Profile/VBT Training	TBA
6	Sept 27	Muscular Endurance Tests	TBA
7	Oct 4	Anaerobic Power Tests	TBA
8	Oct 11	Muscular Strength Test	TBA
9	Oct 18	NO CLASS	TBA
10	Oct 25	Body Composition	TBA
11	Nov 1	Speed and Agility Tests	TBA
12	Nov 8	NO CLASS	TBA
13	Nov 15	Flexibility Tests FMS Assessment	TBA
14	Nov 22	Balance Assessments	TBA
15	Nov 29	NO CLASS	No Labs

FINAL EXAM: 12/13/2023 @ 9:30 - 11:30 AM IN 107D

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.