UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

PHYSICAL FITNESS ASSESSMENT & EXERCISE PRESCRIPTION

APK4125 | 3 Credits | FALL 2025

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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
Preferred Method of Contact: email

OFFICE HOURS

Thursday 3:30-5:30pm

MEETING TIME/LOCATION

Lectures on Mon/Wed Period 7 (1:55-2:40pm) in Turlington Hall L011

CLASS #	LAB TIME	LOCATION	TA
10354	M 2-3 (8:30-10:25am)	Lab 107D	John Stauffer
10355	M 4-5 (10:40am-12:35pm)	Lab 107D	John Stauffer
10356	TH 3-4 (9:35-11:30am)	Lab 107D	John Stauffer
10366	T 3-4 (9:35-11:30am)	Lab 107D	Florian Roth
10367	T 5-6 (11:45-1:40pm)	Lab 107D	Florian Roth
16221	W 2-3 (8:30am-10:25am)	Lab 107D	Florian Roth

TEACHING ASSISTANTS CONTACTS:

- **JOHN STAUFFER – JSTAUFFER@DENTAL.UFL.EDU**
- **FLORIAN ROTH – FLORIAN.ROTH@UFL.EDU**

UNDERGRADUATE TEACHING ASSISTANTS

If you have a question regarding a practice assessment or Iron Gators Extra Credit, please contact the undergraduate teaching assistant email

- **UNDERGRADUATE TEACHING ASSISTANTS**: IrongatorsAPK@gmail.com
- **NICOLE BRANDT**
- **GABE CASTRO**

- **NORA FENDIAN**
- **EMMA FORRISTER**
- **CAMPBELL GRAZE**
- **SAM LUCKMAN**
- **ABBY PRETTYMAN**
- **ABBY SMITH**
- **JULIA THURLOW**
- **ALINA ZANKEVICH**

COURSE FORMAT

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. 11th 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
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	• Integrate and apply principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments. • Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	• Quizzes • Individual Exams • Lab Reports • Final Practical Exam

	• Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems). • Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles. • Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	• 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.	• Final Practical Exam
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	• Select and apply the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments. • 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. • Collect, analyze, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	• Individual exams • Final Practical exam • Lab Reports

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 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, 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 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:

- 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

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 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 here. 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 just click here. Summaries of course evaluation results are available to students here.

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, scoombes@ufl.edu
- Dr. Anna Gardner (she/her), APK Undergraduate Coordinator, akgardner@ufl.edu

UNIVERSITY POLICIES

For the full explanation of all university policies please click here. This link includes information regarding the honor pledge, in-class recording, students with disabilities resources, academic resources and wellness resources.

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 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 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 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 – Quizzes will be given throughout the semester after each section covered. These quizzes will be administered at the end of class. These quizzes are short and to the point, usually 10 questions. Each quiz could contain fill-in-the-blank, multiple choice, short answer, and true or false questions. Students can only use notes they created during the quizzes (they can be electronic notes).

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 MANDAOTORY 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 15 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. 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. If students are able to complete 10 different assessments above the 85th percentile then they win the challenge. They'll receive a T-shirt and their name on the Iron Gators plaque. Students can also perform Iron Gators just for extra credit. Every assessment a student attempts is worth .02% on a student's final grade, and attempting 10 assessments of the IRON GATOR challenge is worth 1% on a student's final grade. So to receive 1% extra credit students simply need to attempt 10 assessments in the Iron Gator challenge.

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 1st
- No Class: Homecoming, October 17th and 18th
- No Class: Veteran's Day, November 11th
- No Class: Thanksgiving, November 24th – 29th

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Lab Topics
1	No Class		NO LABS
2	August 25 & 27	8/25 - Introduction to Exercise Prescription and Assessment 8/27 - Pre-participation Screening and Resting Measurements	Lab 1 - HR, BP
3	Sept 1 & 3	9/1 – **NO CLASS** 9/3 - Pre-participation Screening and Resting Measurements	NO LABS
4	Sept 8 & 10	9/8 - Cardiorespiratory Fitness Assessment 9/10 - Cardiorespiratory Fitness Assessment	Lab 2 – ECG
5	Sept 15 & 17	9/15 - Cardiorespiratory Fitness Assessment 9/17 - Muscle Fitness Assessment	Lab 3 - VO2 Max
6	Sept 22 & 24	9/22 - Muscle Fitness Assessment 9/24 - Muscle Fitness Assessment	Lab 4 - VO2 Submax
7	Sept/Oct 29 & 1	9/29 - Body Composition Assessment 10/1 - Body Composition Assessment	Lab 5 - RMR and ACSM Metabolic Equations

8	Oct 6 & 8	10/6 - Flexibility/Functional Mvmt Assess 10/8 - Flexibility/Functional Mvmt Assess	Lab 6 - Skinfolds, WHR, BMI, BIA
9	Oct 13 & 15	10/13 – Exam 1 10/15 - Cardiorespiratory Exercise Programming	Lab 7 – The Bod Pod
10	Oct 20 & 22	10/20 - Cardiorespiratory Exercise Programming 10/22 - Cardiorespiratory Exercise Programming	Lab 8 - Muscular Strength/Endurance
11	Oct 27 & 29	10/27 - Cardiorespiratory Exercise Programming 10/29 - Resistance Exercise Programming	Lab 9 - FMS
12	Nov 3 & 5	11/3 - Resistance Exercise Programming 11/5 - Resistance Exercise Programming	NO LABS
13	Nov 10 & 12	11/10 – **NO CLASS** 11/12 - Resistance Exercise Programming	Lab 10 – Flexibility and Balance
14	Nov 17 & 19	11/17 – Resistance Exercise Programming 11/19 – Exam 2	Practice Practicals
15	Nov 24 & 26	11/24 – **NO CLASS** 11/26 – **NO CLASS**	
16	Dec 1 & 3	12/1 – Either Contraindications to exercise or Corrective Exercise Programming 12/3 - Corrective Exercise Programming	Final Practicals
FINAL EXAM - 12/12/2025 @ 10:00 AM - 12:00 PM			

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. ☺