

ASSESSMENT IN EXERCISE SCIENCE

APK5127 | 3 Credits | FALL 2025

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Course Info

INSTRUCTOR

Justin Hardee, Ph.D.

Office: FLG 131

Office Phone: 352-294-1761

Email: j.hardee@ufl.edu

Preferred Method of Contact: email

OFFICE HOURS

By appointment. Email to schedule.

MEETING TIME/LOCATION FLG 107D, Friday 12:50 – 3:50p period 6-8

COURSE DESCRIPTION

This course provides students with opportunities to conduct, discuss, and critically evaluate assessments used to measure components of health- and skill-related fitness. While the primary focus will be on apparently healthy individuals, the course will also examine assessments and unique considerations for special populations, including athletes and individuals with chronic disease. Emphasis will be placed on the scientific rationale, practical application, and interpretation of assessment results in professional and research settings.

PREREQUISITE KNOWLEDGE AND SKILLS

APK 3110C (Physiology of Exercise and 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. 12th Edition Lippincott Williams & Wilkins, 2021.

COURSE FORMAT

Students will attend class once a week, which includes both lecture and laboratory components.

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 regarding 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 fitness assessments.	<ul style="list-style-type: none">• Weekly Presentation• Lab Participation• Final Exam
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

Academic policies and campus resources: <https://go.ufl.edu/syllabuspolicies>.

ATTENDANCE POLICY

Students must attend every class, especially the lecture and lab the student will be 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 can be found in the grading section of this syllabus.

PERSONAL CONDUCT & ACADEMIC INTEGRITY

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.bluer.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.

DEPARTMENT 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@hwp.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	% of Total Grade
Your story Assignment	5%
Presentation of Weekly Fitness Assessment	30%
Lab Participation	30%
Final Exam	35%

Your Story Assignment - This short assignment is designed to help the instructor get to know you. Your responses will also give insight into the skills, perspectives, and experiences in our class.

Presentation of Weekly Fitness Assessment – Students will choose one fitness assessment to present and teach to the rest of the class. **Only one presentation 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 lead the class through the assessment and interpretation. Students are expected to meet with the Dr. Hardee in preparation of their lecture/lab, and the finalized presentation will be uploaded **at least 48 hours** prior to the scheduled class (e.g., **Wednesday at 12:00 PM**)

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 a summary of the data collected for each of the assessments

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

GRADING SCALE

The University's grades and grading policies can be found: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

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: Homecoming, October 18th
- No Class: Thanksgiving, November 24th – 28th

WEEKLY COURSE SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Instructor
1	Aug 22	Introduction	Justin Hardee, PhD
2	Aug 29	Sports Performance and Analytics	Spencer Thomas, ATC, CSCS, PES, CES
A3	Sep 5	Test Selection and Administration	Justin Hardee, PhD
4	Sep 12	Health Screen, HR, and Blood Pressure	Justin Hardee, PhD
5	Sep 19	Anthropometrics and Body Composition	TBD
6	Sep 26	Balance and Flexibility	TBD
7	Oct 3	Speed and Agility	TBD
8	Oct 10	Muscular Strength	TBD
9	Oct 17	NO CLASS	
10	Oct 24	Muscular Power	TBD
11	Oct 31	Anaerobic Capacity	TBD
12	Nov 7	Muscular Endurance	TBD
13	Nov 14	Cardiorespiratory Fitness (submaximal)	TBD
14	Nov 21	Cardiorespiratory Fitness (maximal)	TBD
15	Nov 28	NO CLASS	
COMPREHENSIVE FINAL EXAM: 12/11/2025 @ 12:30 - 2:30 PM 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 know these protocols well enough to teach someone else how to perform it.
- Make sure to keep track of all the assessments performed in lab because you'll be tested on all of them on the final exam.