Eastern Illinois University
Department of Kinesiology and Sports Studies

KSS 4440 – PHYSICAL FITNESS APPRAISAL AND PERFORMANCE ASSESSMENT

INSTRUCTOR: Mark Kattenbraker, Ph.D.

OFFICE: 2230 Lantz
(w) 581-8549 (c) 549-4982

E-MAIL: mskattenbraker@eiu.edu

OFFICE HOURS: M 11-1, W 8-9, F 12-1

COURSE DESCRIPTION: A study of the basic scientific components of fitness and the measurement of different indices of physical fitness common to corporate, clinical, and laboratory settings.

COURSE OBJECTIVES:

* To provide students with the necessary knowledge and skills expected for the administration of physical fitness tests that are most appropriate for evaluating fitness components (Cardiorespiratory Endurance, Body Composition, and Muscular Fitness).
* To provide students with the necessary knowledge and skills expected for exercise prescription for all components of physical fitness.

COURSE CONTENT: Topics covered: Health-related Fitness, Cardiorespiratory Endurance, Muscular Strength & Endurance, Flexibility, Body Composition, Max. Testing, Submax. Testing, and Metabolic Calculations. These topics will be covered through lectures, group discussions, lab experiences, and assignments.

EVALUATION:
2-3 Exams
Final Exam
Lab Evaluations/Checklists
Presentation, Assignments
Quizzes

GRADING:
A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = < 60%

REQUIRED TEXT: ACSM's Health-Related Physical Fitness Assessment Manual, 3rd ed. Lippincott Williams & Wilkins, 2009.

Course packet – purchase at Copy Express, EIU Union

ATTENDANCE:

Attendance will not be taken. If, and only if, you contact me prior to an absence will you be able to make up any missed points that were earned that day depending on the nature of the earned points. There will be frequent quizzes throughout the semester, therefore regular attendance will be critical to your success. You must be present to take quizzes. Exceptions to this rule will be considered on a case-by-case basis.

CLASS TIME AND LAB TIME:

The first 50 minutes of class will be devoted to lecture and the remaining 50 minutes will be designated as lab time in the ATP Lab to practice assessments.

ASSIGNMENTS:

Presentation & Related Assignments

You will be assigned to a group to research a specific topic and present it to the class. Your group will also design an outline and a reference sheet for this presentation. Additionally, each of you will review a journal article and turn in a written review of the article. Details about this assignment are in the course packet. This assignment is worth 100 points.

Laboratory Exercises

- Labs are primarily done in class during the lab portion of the class with a few exceptions. The point values vary depending on the nature of the lab.
- You will be required to participate in one fitness class through the SRC and write a 1-page reflection of your experience.
- It is expected that you will become proficient at performing the fitness assessments. Each student must schedule his/her own time in the ATP Lab in the effort to be checked off by a GA as proficient in each skill. This is entirely your responsibility.

All assignments will have due dates. No late work will be accepted.

GENERAL INFORMATION:

- You must maintain current Adult CPR and AED certification throughout this semester. A class will be made available to you at the beginning of the semester for (re)certification.
- You will need a ruler and a calculator, please get one of each.
- Cell phones, iPods and MP3 players are not to be used during class. If I catch you texting I will smash your phone with a sledge hammer.

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).