

Eastern Illinois University
College of Education and Professional Studies
Department of Kinesiology and Sports Studies
Fall 2017

KSS 4440 – PHYSICAL FITNESS APPRAISAL AND PERFORMANCE ASSESSMENT

PROFESSOR: Dr. Stacey Ruholl

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OFFICE HOURS: Tuesday, Thursday 10:00 a.m. – 11:30 a.m.
Wednesday 10:00 a.m. – 11:00 a.m.
Other times by appointment.

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. 3.0 credits

COURSE

OBJECTIVES:

1. Analyze the components of an initial interview.
2. Appraise fitness assessment protocols.
3. Critique methods for assessing health-related components of physical fitness.
4. Formulate appropriate fitness assessments for the client.
5. Conduct physical fitness assessments.
6. Interpret physical fitness assessment results.
7. Evaluate client's results compared to healthy standards for physical fitness assessments.
8. Calculate and interpret fitness variables using metabolic formulas.

EVALUATION: Exams 40%

Midterm Exam (20%)

Final Exam (20%)

Assignments/Activities 60%

Attendance/ Participation (20%)

Labs/ Checklists (25%)

Presentation, Assignments, Quizzes (15%)

GRADING:

A = 90 – 100%

B = 80 – 89.9%

C = 70 – 79.9%

D = 60 – 69.9%

F = ≤ 59.9%

REQUIRED TEXT: ACSM's Health-Related Physical Fitness Assessment Manual, 4th ed. Lippincott Williams & Wilkins, 2014.

Course packet – purchase at MLK Jr. Union Bookstore

RECOMMENDED TEXT: ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th ed. Lippincott, Williams & Wilkins, 2014.

ATTENDANCE:

Attendance and participation is expected.

- Attendance policy is consistent with the University attendance policy concerning excused absences. We will do many in-class assignments and projects. You will only be allowed to make up work missed due to an excused absence. An absence will only be counted as excused if you contact the instructor before or immediately following the absence (do not wait until the next class) AND provide acceptable written documentation for a University excused absence. You will not be allowed to make up any work, turn in assignments, etc., if you are absent and it is unexcused. Exams will not be re-scheduled.
- Attendance points will not be earned for inappropriate class conduct – including sleeping during class, texting, reading a newspaper or crossword, working on other class assignments, etc. If you choose to conduct these activities during class, you will be asked to leave.

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 a study guide 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. Written work will be submitted electronically via the Learning Management System and will be evaluated using anti-plagiarism software, such as Turnitin. Details about this assignment are in the course packet. (100 points)

Visit The Writing Center in 3110 Coleman Hall for help with writing assignments.

- **Volunteer Activities**

One of EIU's Undergraduate Learning Goals is to develop Responsible Citizenship within our students. To assist in achieving this goal, you are required to volunteer for 2 hours this semester. Any activity within the EIU community, the Charleston community, or your own home community is acceptable as long as you are not getting paid for it or any other type of reimbursement (grade/points for a class, etc.). You need written documentation on the volunteer sheet provided in your course packet. The volunteer documentation sheet is due on the last regular class day. Contact the Office of Civic Engagement and Volunteerism at EIU for additional opportunities – call 217-581-3967 or visit the website at www.eiu.edu/volunteer. (10 points)

- **Laboratory activities**

These labs are primarily done in class during the lab portion of the class with a few exceptions. The point values vary depending on the extent of the lab.

* You will be required to participate in one group fitness class through the SRC and write a 1-page reflection of your experience. Details will be posted on D2L.

- **Various quizzes, case studies, and other assignments may be given throughout the semester.**

ASSESSMENT TESTING AND PRESCRIPTION (ATP) LAB:

- You will have 2 hours of in-class lab each week.
- Lab expectations:
 - Be on time (i.e., when returning from breaks).
 - Dress appropriately - wear clothes that are appropriate for completing various fitness assessments; tennis shoes are highly recommended for each lab period.
 - Food and beverages are prohibited.
 - Cell phones, MP3 players, personal laptop computers and other electronic devices are prohibited.
 - Utilize this time to practice the assessments, calculate results, and complete your lab assignments. Use your time wisely.
 - Be professional at all times. Inappropriate conduct, including use of inappropriate language, will result in your dismissal from the lab and will affect your attendance grade by not earning points for that lab period.

GENERAL INFORMATION:

- You are expected to be thoroughly prepared for each class, including:
 - Having all materials, including textbooks, assignments, calculators, rulers, etc. needed for class before entering the class.
 - Having sufficiently read the assigned readings before class in order to verbally discuss the content and participate in class.
 - Having formulated questions and presenting these questions in class when information from readings and assignments is unclear.
- Your work is due on the DUE DATE. Work turned in late will result in a grade of “zero” for that assignment.
- Phone calls will not be returned if the number is long distance from Charleston.
- You are expected to check your EIU email account and D2L for this class DAILY.
- You must bring a calculator to every class meeting. Cell phones, iPods, etc. will not be permitted to be used as calculators. You may not share a calculator with another student in class.
- It is recommended that you bring a ruler to each class once we begin cardio tests.
- Use of electronic devices such as iPods, MP3 players, and cell phones, etc. is prohibited during class. This includes texting. All phones must be turned off or silenced prior to entering class. Should you choose to use them in class, you will be dismissed from that class. Should the pattern continue, it will be recommended that you drop the class.

Academic integrity-

Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards.

Students with disabilities-

If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

The Student Success Center-

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.

The Writing Center-

The Writing Center of Eastern Illinois University is a place where students can develop as writers and thinkers. Staff members in the Writing Center are committed to working with students from all disciplines, majors, and academic backgrounds at any stage of the writing process. It is located at 3110 Coleman Hall. Call 217-581-5929 for an appointment. The Center is open Monday through Friday (except holidays) during the Fall and Spring semesters. <http://castle.eiu.edu/~writing/index.php>