



SUL ROSS STATE UNIVERSITY



Department of Education
Summer II, 2016

PE 4301 Test and Measurements in Physical Education Instructor: Jim Hector, Ed.D.

Office #: MAB 304

Phone: (432) 837-8213

Office Hrs: 9:30 – 11:30 am Monday - Friday

and By Appointment

Email: jhector@sulross.edu

COURSE DESCRIPTION: A course emphasizing the application of tests and measurements to the field of sports and fitness, including medical, written, motor skills, and physical examinations and tests.

PURPOSE OF COURSE: This course will give the student information relative to the administration of a variety of tests suitable for program evaluation in sports and fitness and to assess the fitness and well-being of individuals within the program. The student will be able to administer tests, to organize, to analyze and to interpret quantitative data obtained from the administering of tests related to the field of sports and fitness.

RECOMMENDED TEXT: Miller, David K. Measurement by the Physical Educator. Sixth edition, Boston, McGraw-Hill, 2009. ISBN: 9780073376554

PROGRAM LEARNING OUTCOMES: The kinesiology student will:

- 1) understand and apply principles of physical fitness in developing an individualized health fitness plan.
- 2) demonstrate a knowledge of movement concepts and biomechanical principles by analyzing movement and sport skills .
- 3) know and use test and measurement concepts and principles to assess fitness and skill performance and be able to explain results.

STUDENT OUTCOMES:

DOMAIN I Movement Skills and Knowledge

Competency 2.0 Principles and practices for Developing, combining and integrating Motor Skills

Competency 3.0 Movement concepts and biomechanical principles

DOMAIN II Health-Related Physical Fitness

Competency 6.0 Major body systems, principles of physical fitness

development and training, and the benefits of a healthy, active lifestyle

Competency 7.0 Principles and activities for developing cardiovascular endurance

Competency 8.0 Principles and activities for developing and maintaining flexibility, posture, and muscular strength and endurance.

Competency 9.0 Health and wellness concepts, including those related to nutrition, weight control, stress management, and ways in which behaviors influence health and wellness.

DOMAIN III The Physical Education Program

Competency 10.0 Effective, developmentally, appropriate instruction and assessment

Competency 11.0 Factors relevant to learning and performance in physical education and learning environments and opportunities that promote students' development.

Competency 12.0 Structure, organization, goals and purposes of physical education programs

Competency 13.0 Legal aspects and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid and risk management

METHOD OF INSTRUCTION: Online Student Participation is a must.

COURSE EVALUATION METHOD: At the end of the semester, each student will be asked to complete an evaluation form on the effectiveness of the course and on the instructor.

CLASS ATTENDANCE: Classroom attendance and participation is a requirement. In accordance with the University catalog, a student with excessive absences will be dropped from the course. Continued tardiness is undesirable and is also grounds for a student to be dropped from the course (three tardies will equal one absence). Absolutely no cell phones or other electronic entertainment devices in class at the risk of being removed from the classroom.

COURSE REQUIREMENTS: Classroom attendance is required. Appropriate dress and classroom decorum is expected. It is the responsibility of the student to notify my office before, or immediately after, the absence if it is to be excused. There will be homework assignments during the semester. One major homework assignment will be a project involving testing and data analysis. There will also be several short quizzes during the semester. All of the short quizzes will be worth a total of 100 points. A short quiz will not be made up if the student is absent. No grade will be recorded if the absence is excused. A missed quiz because of an unexcused absence or tardiness may result in a grade of zero for the quiz. Three major exams will be given during the semester, one of which will be the final. Each exam will be worth 100 points.

DISCUSSION BOARD: Each week there will be a discussion question posted under the discussion tab for you to respond to by **Midnight SUNDAY night**. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. HectorWeek1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an attachment, but

please ALSO copy and paste it into the message area so we do not have to open an attachment to read your post. Each discussion post is worth 50 points. 10 points will be deducted for each day it is late. 10 points will be deducted for not following the instructions above, do follow all instructions in the directions of the discussion.

Responses to others: Under each discussion post you must respond to another classmate's original discussion post. The response is worth 20 points (so a total of 50 points for class discussion is available for you to earn each week) and is due by **Sunday Midnight** each week. The response must be more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. ALWAYS spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do NOT hurt others feelings. To respond to another's post, click on their post and reply. Title the subject of your response with your last name and "response to _____ week 1 post" (eg. Hector's response to Henderson's Week 1 post).

CALENDAR:

Sunday, July 10 – Read Chapter 1 and Complete Chapter 1 Test
Sunday to Wednesday, July 10 - 13 – Discussion Board One from Chapter 1
Sunday, July 17 – Read Chapter 5 and Complete Chapter 5 Test
Sunday to Wednesday, July 17 - 20 - Discussion Board Two Chapter 5
Sunday, July 24 – Read Chapter 11-12 Complete Chapter 11-12 Test
Sunday to Wednesday, July 24 - 27 - Discussion Board Three Chapter 11 - 12
Sunday, July 31 – Read Chapter 13 and Complete Chapter 13 Test
Sunday, July 31 – Read Chapter 14 and Complete Chapter 14 Test
Sunday to Wednesday, July 31 – August 3 - Discussion Board Three Chapter 13-14.
Sunday, August 7 – Read Chapter 15 and Complete Chapter 15 Test
Wednesday, August 11 - FINAL EXAM

Points per assignment:

Chapter 1 Test = 100 points
Chapter 1 Discussion Board = 50 points
Chapter 5 Test = 100 points
Chapter 5 Discussion Board = 50 points
Chapter 11-12 Test = 100 points
Chapter 11 – 12 Discussion Board = 50 points
Chapter 13 Test = 100 points
Chapter 14 Test = 100 points
Chapter 13 – 14 Discussion Board = 50 points
Chapter 15 Test = 100 points
FINAL EXAM = 200 points

Total Possible Points

1000 – 900 pts. = A; 899- 800 = B; 799- 700 = C Below 699 = F

SRSU Disabilities Services:

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Disabilities Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services, and activities.

Students seeking disability services need to contact the Disabilities Services Coordinator located in the University Center, Room 211. The mailing address is Sul Ross State University, PO Box C-171, Alpine, TX 79832. The telephone number is 432.837.8178; the fax number is 432.837.8724.