



SUL ROSS STATE UNIVERSITY

Department of Kinesiology
and Human Performance
Fall, 2016



PE 4301 Test and Measurements in Physical Education Tuesday and Thursday 8:00 – 9:15 am Instructor: Jim Hector, Ed.D.

Office #: GPC 202A

Phone: (432) 837-8213

Office Hrs: 1:30 – 4:30 pm Monday - Thursday
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:

Upon successful completion of the Kinesiology and Sport Science Program students will:

1. Create and implement health and physical activity principles of performance within diverse populations.
2. Prepare, instruct, and assess developmentally appropriate physical education curricula and/or exercise prescription based on students'/clients' needs.

STANDARDS

Standard II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 006

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Competency 007

The teacher understands principles and activities for developing and maintaining cardiovascular endurance.

Competency 008

The teacher understands principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.

Standard VII

Competency 010

The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.

CALENDAR

DAY

- 1 Measurement, Evaluation, Assessment, and Statistics
- 2 Reasons for measurement, Evaluation, and Assessment. Why statistics?
- 3 Describing and Presenting a Distribution of Scores
- 4 Statistical Terms
Analysis of grouped and ungrouped data
- 5 Relationships and Differences in Scores
- 6 Correlation
- 7 Review for Major Exam
- 8 Major Exam I
- 9 Significant difference between two means
- 10 Analysis of variance
- 11 Determining what is a Good Test
- 12 Validity
Reliability & Objectivity
- 13 Construction of Knowledge Tests
Objective Tests & Essay Tests
- 14 Assessing and Grading Students
- 15 Construction of Psychomotor Tests
- 16 Agility testing Why test for agility?
- 17 Balance Testing & Test review
- 18 Major Exam II

- 19 Cardiorespiratory Fitness
- 20 Flexibility
- 21 Muscular Strength, Endurance, and Power
- 22 Anthropometry and Body Composition
- 23 Posture and Body Mechanics Physical Fitness
- 24 Older Adults
- 25 Special Populations
- 26 Sports Skills
- 27 REVIEW
- 28 REVIEW

Date to be announced

Final Exam

METHOD OF INSTRUCTION: Lecture and Discussion. 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. Six absences for a Tuesday-Thursday course is considered excessive. 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 and classroom assignments during the semester. All of the short quizzes and assignments will be worth a total of 150 points. Daily work and participation is worth 250 points. No grade will be recorded if the absence is excused. Three major exams will be given during the semester, one of which will be the final. The final exam will be worth 100 points and the other two exams will be worth 50 points each.

Points per assignment:

Portfolio	50 pts
Daily Activities	200 pts (Unexcused absences cannot be made up)
Participation	200 pts
Class presentation	50 pts
Project	100 pts (Discussed in Class)
Major Exams	200 pts. (Two 50 point exams and one 100 final exam)

Total Possible Points

720 – 800 pts. = A

640 – 719 = B

560 – 639 = C

480 – 559 = D

Below 479 = 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.