



# SUL ROSS STATE UNIVERSITY



Department of Kinesiology  
and Human Performance  
Spring 2017

**PE 4301:001 Test and Measurements in Physical Education**  
**Tuesday and Thursday 8:00 – 9:15 am**  
**Graves-Pierce Gym – RM 108**  
**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](mailto: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

**Student Learning Objectives: At the conclusion of the course a student will be able to:**

- Analyze individual variation in levels of health and fitness and knows principles and techniques for designing, implementing and maintaining individualized health and fitness plans (e.g., setting realistic short-term goals, evaluating and selecting activities to achieve goals).
- Know how to promote students' ability to assess their own fitness levels, interests and skill levels in order to encourage participation in lifelong physical activity.
- Evaluate and select appropriate cardiovascular endurance activities for various developmental levels and purposes.
- Demonstrate knowledge of techniques for monitoring intensity, duration and endurance levels during aerobic activities (e.g., perceived exertion, heart rate monitor).
- Apply knowledge of techniques for student self-assessment of cardio- respiratory health and fitness (e.g., frequent monitoring of pulse rate to reach and maintain target heart rate for an appropriate amount of time).

- Demonstrate knowledge of procedures for evaluating muscular strength and endurance and flexibility.
- Know principles and techniques for evaluating body composition and identifies appropriate activities and strategies for developing and maintaining a healthy body composition.
- Know how to evaluate information related to health and fitness products, programs, facilities and services (e.g., fitness and sports equipment, weight control products and programs, fitness facilities).
- Demonstrate an understanding of the characteristics, advantages, limitations and applications of assessment methods used in physical education (e.g., observational checklist, performance assessment, physical fitness test, journal, peer coaching) and knows how to select, construct, adapt and implement assessments for various purposes.
- Know how to use available technology to analyze student progress, fitness and performance.

#### **Student Learning Outcomes:**

- The student understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle ( *Competency 006* )
- The student understands principles and activities for developing and maintaining cardiovascular endurance ( *Competency 007* )
- The student understands principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance ( *Competency 008* ).
- The student knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals ( *Competency 010* )

#### **Texas Education Agency 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.
- **Standard VII** The physical education teacher understands and uses formal and informal assessment to promote students' physical, cognitive, social and emotional development in physical education contexts.

**Style of Teaching:** The objectives of this course will be met through an integrated teaching style that will include lecture, discussion, and presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is a face-to-face and blackboard course. No assignments shall be accepted via email and **all** assignments shall be either turned in on blackboard or during class.

**Grading:**

1000 total points possible

- Final Exam = 100 points
- Quizzes (2 @ 50 points each) = 100 points
- In-Class Activities (25 @ 10 points each) = 250 points
- Group Presentations = 50 points
- Outside Assignment = 50 points
- Activity participation = 400 points
- Portfolio = 50 points

**Calendar:**

- 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

**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.

SRSU Disabilities Services:
<p>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.</p> <p>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.</p>