



SUL ROSS STATE UNIVERSITY



Department of Kinesiology
and Human Performance
Spring 2019

PE 4301 Test and Measurements
Tuesday and Thursday 9:30 – 10:45 am
Warnock Science – RM 107
Instructor: Jim Hector, Ed.D.

Office #: GPC 202A

Phone: (432) 837-8213

Office Hrs: Tuesday and Thursday 11:00 – 12:00 AM and 2:00 – 3:00 PM
1:30 – 3:30 PM Monday, Wednesday, and 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

Course 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:

SLO 1 - Undergraduate students will demonstrate written comprehensive competency in Core Kinesiology Theories.

SLO 2 - Undergraduate students must quantify student internship experience.

SLO 3 - Undergraduate students will demonstrate proficiency in a variety of communication methods.

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 if in Alpine during the day of class. All communication is done in class, via Sul Ross email and blackboard announcements. *Distance Education Statement:* Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, such as online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. ***[If the course requires students to take proctored exams or to purchase additional software or equipment, please describe those requirements here.]*** The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

SRSU Disability Services:

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability 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 Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432-837-8178; fax is 432-837-8724.

Academic Integrity:

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused. Meaningful and pertinent participation is required.

- 1 Examples of academic dishonesty include, but are not limited to:
 - o Turning in work as original that was used in whole for another course and/or professor;
 - o Turning in another person's work as one's own;
 - o Copying from professional works or internet sites without citation.

Any of these offenses will result in a zero for the assignment with no option to redo for credit

General Responsibilities: This a face-to-face class and all activities will be handed in during class or if at Midland College submitted via blackboard. All activities must be submitted on blackboard. No make-up activities will be accepted by email or by handing after or during class. Students are responsible for reading their blackboard announcements.

Attendance: Classroom attendance and participation is a requirement. In accordance with the University catalog, a student with excessive (unexcused) absences will be dropped from the course. Six absences for a Tuesday-Thursday course and nine absences for a Monday-Wednesday-Friday 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). **Excused absences must be made up within one week of the absence by submitting on blackboard a two-paged double spaced type-written summary on the material of the day missed. Students should contact instructor the day after returning to class for the written assignment.** It is the responsibility of the student to notify my office before, or immediately after, the absence if it is to be excused. Students with unexcused absences will receive a zero for an activity missed. **Note:** There will be days the instructor will have class on-line and will announce the day not in attendance in advance via classroom announcement, email and blackboard announcement. Students are required to complete blackboard assignments online on the designated due date.

Cell phone policy: The use of cell phones, smart phones, computers or other mobile communication devices is disruptive, and is therefore prohibited during class. Except in emergencies, those using such devices must leave the classroom for the remainder of the class period.

Grading:

1000 total points possible

- Orientation = 10 points (Bonus)
- Department Quiz = 15 points (Bonus)
- Mid-Term Exam = 100 points (10%)
- Final Exam = 100 points (10%)
- In-Class Activities = 600 points (60%)
- Group Presentations = 100 points (10%)
- Outside Assignment = 50 points (5%)
- Writing Assignment = 50 points (5%)

900 – 1000 points = A

800 – 899 points = B

700 – 799 points = C

600 – 699 = D

F < 600

EVALUATION PROCEDURES:

- ✓ **Orientation = 20 bonus points**
 - We will discuss the syllabus during the first day of class and students will be awarded 20 points for attending the class.
- ✓ **Mid-Term and Final Exam = 100 points each**
 - The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings and lecture.
 - All students are expected to take the mid-term and final exam no later than a week after the designated day. Students are expected to contact the instructor and arrange a make-up exam.
 - Students who do not make up the exam during the designated time will receive a zero.

- ✓ **In-Class Activities = 60%** totaling 600 points. This is a percentage grade and will be calculated at the end of the semester. Example: 30 daily activities would value each daily grade at 20 points each (30 x 20 = 600 points). We will start the semester valuing each daily grade at 20 points.
 - All students are expected to complete daily activities during class.
 - Midland College students will submit daily activities on blackboard unless otherwise specified.
 - If an absence is excused all students must make-up activities by completing a type written summary on the material of the day missed (see general responsibilities).
 - All summaries must be submitted on blackboard on the column for the day missed (Example: if you missed activity 16 submit the summary on the activity 16 column).

- ✓ **Group Presentations = 100 points.**
 - Power point presentations over a topic will be assigned by the instructor.
 - Students will work in groups to complete presentations.
 - All students in a groups will be responsible for presenting PPT.
 - Students will be graded on a rubric based on the quality of their presentation.

- ✓ **Outside assignments = 50 points (maximum 100 points).**
 - There will be two outside assignments during the semester which include the Sul Ross Mile Swim and the Sully Spring Triathlon.
 - Students must have an excused absence to not attend either one of these events.
 - Midland College and make-up students must discuss an outside assignment with the instructor before attending the event and submit verification on blackboard outside assignment column.
 - Students who do not attend a complete event will not receive all fifty points for their grade.
 - Students not completing an outside assignment will receive a zero.
 - Students may receive 10 points per Kinesiology Club meeting.
 - A maximum of 100 points is possible for this activity.
 - There will be a twelve person limit on the Mile Swim.

- ✓ **Written assignment = 50 points.**
 - Students must submit on blackboard a two page written assignment based on a topic determined in class.
 - Details for the written assignment will be discussed in class.

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

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