



# SUL ROSS STATE UNIVERSITY

Department of Kinesiology  
and Human Performance  
Summer I, 2019



## PE 4301 Test and Measurements in Physical Education

Instructor: Jim Hector, Ed.D.

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**Office #:** MAB 304

**Phone:** (432) 837-8213

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

*and By Appointment*

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**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 TEXTBOOK:** Miller, David K. Measurement by the Physical Educator. Sixth edition, Boston, McGraw-Hill, 2009. ISBN: 9780073376554 (**Readings are all on blackboard**)

**STUDENT LEARNING OUTCOMES (SACSCOC):** The kinesiology student will:

- 1) demonstrate written comprehensive competency in Core Kinesiology Theories in the courses listed: PE 3307- Kinesiology, PE 3305- Motor Development, PE 4301- Test and Measurements, and KES 3305- Physiology of Exercise.
- 2) demonstrate proficiency in a variety of communication methods in core courses listed: PE 3307- Kinesiology, PE 3305- Motor Development, PE 4301- Test and Measurements, and KES 3305- Physiology of Exercise.

**STUDENT OUTCOMES (TEXAS EDUCATION AGENCY):**

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. **Note: This is an all blackboard course. If you have difficulty turning in an assignment, discussion board or quiz contact the instructor by email.**

**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.

**DISCUSSION BOARD:** There will be a discussion question posted under the discussion tab for you to respond. 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. LastNameDiscussion1). 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. Answering a discussion question is worth 15 points. As mentioned below each response is worth 5 points totaling 25 points.

**Responses to others:** Under each discussion post you must respond to another classmate's original discussion post. The response is worth 5 points (respond to two separate classmates for 10 points). 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 Discussion 1 post).

### **GRADING EXAMPLE:**

Discussion post = 30 points

Discussion response = 10 points

Second discussion response = 10 points

Total points: = 50 points

### **GRADING:**

#### **1100 total points possible**

- Final Exam = 100 points
- Chapter Quizzes (10 @ 50 points each) = 500 points
- Activities (4 @ 50 points each) = 200 points
- Discussion Boards = ( 4 @ 50 points each ) = 200
- Writing activity = 100 points

**A = 1100 – 990**

**B = 989 -880**

**C = 879 – 770**

**D = 769 – 660**

**F = ≤659**

### **EVALUATION PROCEDURES:**

#### ✓ **Syllabus Quiz = 10 bonus points**

- There will be a syllabus quiz worth ten points. You must take the syllabus quiz and make 80% or answer eight out of ten questions correctly before advancing to the first chapter quiz or any assignments/discussion boards. The syllabus quiz will be available in the Quiz, Test & Exams section. **See syllabus calendar for due date.**

#### ✓ **Final Exam = 100 points**

- The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings.
- All students are expected to take the exam no later than the designated day and time assigned.
- The final exam will be posted in the Quiz, Test & Exams section of blackboard.
- **All students are expected to take the final exam no later than the designated day and time assigned in the syllabus calendar.**

#### ✓ **Quiz, Test & Exams = 50 points each totaling 500 points.**

- There will be 10 quizzes that may consist of multiple choice questions. Quizzes could cover any material provided in the assigned reading.
- Fifty point quizzes can be found in the Quiz, Test, Exams section of blackboard.
- **All students are expected to take the quiz no later than the designated day and time assigned in the syllabus calendar.**
- **All assignments that are submitted after the due date will receive half off.**

#### ✓ **Activities = 50 points each totaling 200 points.**

- Activities may consist of various projects related to the chapter.
- Activities are found in the Assignments section of your menu.
- **All students are expected to complete activities no later than the designated day and time assigned in the syllabus calendar.**

- All assignments that are submitted after the due date will receive half off.
- ✓ **Discussion Board = 50 points each totaling 200 points.**
  - Discussed online on Discussion Board which can be found on the menu of blackboard.
  - **Students must participate in discussion board activities no later than the dates outlined in the syllabus calendar.**
  - **Students will receive a zero if they do not participate on discussion boards before the due date.**
- ✓ **Writing activity = 100 points**
  - Discussed online on the activity section of blackboard.
  - This will be an end of the year activity and will be explained in more detail in the **Content** section of blackboard.

**Note:** All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

#### **EXPECTATION OF STUDENTS:**

- Students are responsible for keeping up with the chapter reading and are expected to complete the assigned activities and/or other posted readings prior to class in order to contribute to online discussion.

**ADA Accommodations:** The University is committed to equal access compliance with the American with Disabilities Act of 1990 (ADA) 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 opportunities for full participation in programs, services, and activities. Students seeking disability services need to contact the Disability Services Coordinator:

*Accessibility Services*  
Room 112

*Counseling*  
*Ferguson Hall*  
432-837-8203

**ACADEMIC DISHONESTY OR MISCONDUCT:** Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

**DROP POLICY:** Access information regarding schedule changes at:  
<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

## **Tentative Course Outline**

***This schedule is subject to revision. Please check Black Board for updates.  
REVIEW ALL DUE DATES. TOPICS WILL NOT BE AVAILABLE AFTER DUE  
DATES***

Topic	Due Dates
<i>Syllabus Quiz available</i>	<i>Wednesday, May 22</i>
<i>Syllabus Quiz due</i>	<i>Sunday, June 2</i>
<i>Quiz 1 – Chapter 1</i>	<i>Sunday, June 2</i>
<i>Discussion board 1</i>	<i>Tuesday, June 4</i>
<i>Quiz 2 – Chapter 2</i>	<i>Wednesday, June 5</i>
<i>Activity 1</i>	<i>Thursday, June 6</i>
<i>Quiz 3 – Chapter 3</i>	<i>Friday, June 7</i>
<i>Discussion board 2</i>	<i>Saturday, June 8</i>
<i>Activity 2</i>	<i>Sunday, June 9</i>
<i>Quiz 4 – Chapter 11 NSCA</i>	<i>Tuesday, June 11</i>
<i>Quiz 5 – Chapter 11</i>	<i>Friday, June 14</i>
<i>Quiz 6 – Chapter 12</i>	<i>Monday, June 17</i>
<i>Activity 3</i>	<i>Tuesday, June 18</i>
<i>Quiz 7 – Chapter 13</i>	<i>Thursday, June 20</i>
<i>Quiz 8 – Chapter 14</i>	<i>Sunday, June 23</i>
<i>Activity 3</i>	<i>Monday, June 24</i>

<i>Quiz 9 – Chapter 15</i>	<i>Wednesday, June 26</i>
<i>Discussion Board 3</i>	<i>Thursday, June 27</i>
<i>Activity 4</i>	<i>Friday, June 28</i>
<i>Quiz 10 – Department Quiz</i>	<i>Sunday, June 30</i>
<i>Discussion Board 4</i>	<i>Wednesday, July 3</i>
<i>Final Exam</i>	<i>Friday, July 5</i>
<i>Bonus - Community Service Essay</i>	<i>Friday, July 5</i>
<i>Grades are due</i>	<i>Monday, July 8</i>

**SRSU Disabilities Services:**

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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.