



SUL ROSS STATE UNIVERSITY



Department of Kinesiology
and Human Performance
Spring 2020

PE 4301 Test and Measurements
MWF 10:00 – 10:50 am
Graves-Pierce Complex - room 106
Instructor: Jim Hector, Ed.D.

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Office Hrs: Monday and Wednesday: 1:30 – 4:30 pm, Tuesday and Thursday: 11:00 – 12:00 am and 1:30 – 3:30 pm *and by appointment*

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.
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- **Marketable Skills** – The following marketable skills are met in this course: (please highlight; and specify which assignment/activity in VERY short phrase how it meets the following; it doesn't need to match but at least 1 of these)
 - ○ Career Management
 - ○ Collaboration
 - ○ Communication
 - ○ Critical Thinking

- **Students with Special Needs:**

Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the Student's responsibility to initiate a request. Please contact me, Ms. Rebecca Greathouse Wren, M.Ed., LPC-S, Director/Counselor, Accessibility Services Coordinator, Ferguson Hall (Suite 112) at 432.837.8203; mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Students should then contact the instructor as soon as possible to initiate the recommended accommodations.

STYLE OF TEACHING: The objectives of this course will be met through an integrated teaching style that will include discussion via Blackboard and PowerPoint presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

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: No make-up activities will be accepted by email or by handing after or during class. All make-up activities should be sent in via blackboard. 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. An excused absence is an extracurricular activity such as travel in university vehicles, sickness or family matters.** 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 absences will receive a zero for an activity missed one week after the absence. **Note:** There will be days the instructor will miss a day and have class on-line. The missed day will be announced in advance via classroom announcement, email and blackboard announcement. Students are required to complete blackboard assignments online on the designated due date.

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 in class. All communication is done in class, via Sul Ross email and blackboard announcements.

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 = 20 points (Bonus)
- Mid-Term Exam = 100 points (10%)
- In-Class Activities = 15 points per activity @ 600 points (60%)
- Group Presentations = 100 points (10%)
- Community Assignment = 100 points (10%)
- Final Exam = 100 points

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 mid-term and 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: 40 daily activities would value each daily grade at 15 points each (15 x 40 = 600 points). We will start the semester valuing each daily grade at 15 points.
 - All students are expected to complete daily activities during class.
 - 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).

- Points could be added at the end of the semester if there are not forty activities which would equal 600 points.
- ✓ **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 group will be responsible for presenting PPT.
 - Students will be graded on a rubric based on the quality of their presentation.
- ✓ **Community assignments = 100 points.**
 - There will be choices for several community or university service during the semester which will be discussed during class.
 - Students must have an excused absence to not attend any of these events and must discuss an alternative assignment with the instructor.
 - Students who do not attend a complete event will not receive all points for their grade.
 - Students not completing a community assignment will receive a zero.

Tentative Course Outline

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

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.

Day	Topic	Assignment Due
	Chapters 1	Week 1
	Chapters 2 and 3	Week 2
	Chapters 4 and 5	Week 3
	Exam One and review	Week 4
	Chapters 6	Week 5
	Chapter 7 and 8	Week 6
	Exam Two	
	Chapter 9	Week 7

	Chapter 10 and 11	Week 8
	Chapter 12 and 13	Week 10
	Chapter 14	Week 11
	Chapter 15 and 16	Week 12
	Chapter 17 and 18	Week 13
	Final Exam	Week 14 and review

These due dates are final but you can work ahead if you like.