



SUL ROSS STATE UNIVERSITY



Department of Kinesiology and Human Performance Fall 2020

PE 4301 Test and Measurements

Instructor: Austin T. McCulloch, M.S.

Email

Austin.McCulloch@sulross.edu

Course Link

<https://connect.mheducation.com/class/a-mcculloch-test>

Office Hours

To meet via Zoom you will need to make an appointment (email to set up an appointment), but feel free to email with any questions you may have, and I will respond within 24 hours.

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.

Text

Miller, David K. Measurement by the Physical Educator. Sixth edition, Boston, McGraw-Hill, 2009. ISBN: 9780073376554

*You have access to this text through McGraw-Hill Connect so you are not required to purchase a copy.

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).
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- ✓ 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.

Grading and Evaluation Procedures

- ✓ **Weekly Smartbook Assignment = 50 points each (600 total)**
 - The weekly reading assignments will be paired with any combination of multiple choice, true/false, matching, fill-in-the-blank, or short answer questions.
- ✓ **Unit Exams and Final = 100 points each (400 total)**
 - Exams will be any combination of multiple choice, true/false, matching, fill-in-the-blank, or short answer questions.

✓ **Syllabus Quiz = 20 points (bonus points)**

- This is an extra credit assignment which will not count toward the 1000 total points of the course and can only help your final grade.

Grade Scale

- A..... 900 – 1000 points
- B..... 800 – 899 points
- C..... 700 – 799 points
- D..... 600 – 699 points
- F..... 0 – 599 points

Tentative Course Outline

- ✓ This schedule is subject to revision but will likely remain unchanged. Please check Black Board for updates.
- ✓ All Course material is found in McGraw-Hill Connect which can be accessed directly or through BlackBoard. All content will become available at 12:01 am and be due by 11:59 pm (1 minute before midnight).

	Available at 12:01 am	Due at 11:59 pm	Points
Syllabus Quiz	Wednesday, Aug. 26	Friday, Aug. 28	Bonus: 20
Ch. 1 & 2	Monday, Aug. 24	Friday, Aug. 28	50
Ch. 3 & 4	Saturday, Aug. 29	Friday, Sept. 04	50
Ch. 5 & 6	Saturday, Sept. 05	Friday, Sept. 11	50
Unit 1 Test	Wednesday, Sept. 09	Sunday, Sept. 13	100
Ch. 7 & 8	Saturday, Sept. 12	Friday, Sept. 18	50
Ch. 9 & 10	Saturday, Sept. 19	Friday, Sept. 25	50
Ch. 11	Saturday, Sept. 26	Friday, Oct. 02	50
Ch. 12	Saturday, Oct. 03	Friday, Oct. 09	50
Ch. 13	Saturday, Oct. 10	Friday, Oct. 16	50
Unit 2 Test	Wednesday, Oct. 14	Sunday, Oct. 18	100
Ch. 14	Saturday, Oct. 17	Friday, Oct. 23	50
Ch. 15	Saturday, Oct. 24	Friday, Oct. 30	50
Ch. 16 & 17	Saturday, Oct. 31	Friday, Nov. 06	50
Ch. 18	Saturday, Nov. 07	Friday, Nov. 13	50
Unit 3 Test	Wednesday, Nov. 11	Sunday, Nov. 15	100
Final Exam	TBD	TBD	100
Total:			1000

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, 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. 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.

General Responsibilities

Students are responsible for reading their blackboard announcements as this will be the primary way I will communicate with you as a student. I will assume that anything I post in the announcements page on Blackboard will be read and understood. If you do not understand or if my post is unclear, contact me for clarification.

Missing a Deadline

Missing an assignment or exam due date will require a written and verifiable excused absence and the assignment or exam must be made up within three days of the original due date. An excused absence is an extracurricular activity such as travel for university sponsored events, sickness or family matters. It is the responsibility of the student to notify me **before**, or **immediately after**, the missed due date if it is to be excused.

Missing a deadline because you waited until the last few hours before an assignment was due and experienced technical troubles (internet, computer, etc) is not a valid reason for an extension. Plan ahead and work throughout the week so that temporary technical issues do not cause you to miss deadlines.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Integrity Statement

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by...

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

Drop Policy

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

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.