



SUL ROSS
KINESIOLOGY DEPARTMENT

PE 4301 – Tests and Measurements Spring 2021
T/TH: 12:30-1:45pm in GPC108

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Tuesday/Thursday: 2:00-4:00 PM
Friday: by appointment
Office hours by appointment (Email to set an appointment)
Required Text: Title: Measurement by the Physical Educator. 8th ed. 2013.
Author: Miller
Publisher: McGraw-Hill Higher Education
ISBN: 9780077526627

Get Connect access directly from the Connect website when registering for your course section here
<https://connect.mheducation.com/class/a-wolpern-test>

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 the 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.

Course: Student Learning Objectives

Upon successful completion of this course students will:

1. 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).
2. 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.
3. Evaluate and select appropriate cardiovascular endurance activities for various developmental levels and purposes.

4. Demonstrate knowledge of techniques for monitoring intensity, duration and endurance levels during aerobic activities (e.g., perceived exertion, heart rate monitor).
5. 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 TEXAS Physical Education EC–12 target heart rate for an appropriate amount of time).
6. Demonstrate knowledge of procedures for evaluating muscular strength and endurance and flexibility.
7. Know principles and techniques for evaluating body composition and identifies appropriate activities and strategies for developing and maintaining a healthy body composition.
8. 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).
9. 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.

Standard Alignment:

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

Course: Marketable Skills

The following marketable skills are achieved in this course:

Critical Thinking/Problem Solving: Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

Collaboration: The ability to respect and work with different learners and community members.

Communication: Express themselves effectively, whether in productive skills, spoken or written forms, or receptive skills, such as listening and reading. Successful understanding and positive attitudes toward learning within the classroom and community.

Program 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.

Attendance Policy

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. Athletic and SRSU sponsored related absences do not count toward the absence allowance, but you must email proof of this absence to me prior to the date you will be absent for. If you have an emergency or medical related absence, please email Dr. Ali Wolpern and have proof of the absence reason (doctor's note, positive COVID-19 results, car towing receipt, etc).

Attendance and Drop Policy

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.

GRADING POLICIES/EXAMS/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

| Outcome Measure | Points per item | No of items | Available Points | Percentage of Grade |
|---|-----------------|-------------|------------------|---------------------|
| Weekly Connect SmartBook Chapter Readings | 50 | 12 | 600 | 60% |
| Exams (<i>Final Exam is Exam 4</i>) | 100 | 4 | 400 | 40% |
| Total/Final Grade* | -- | | 1000 | 100% |

*Letter Grading as per SRSU policy will be used in this course.

Be sure to complete all assignments by the due date. Assignments that are more than 7 days late will NOT be accepted!

COURSE REQUIREMENTS

- I. **Chapter Readings (i.e.) SmartBook via Connect.** 18 units (split into 12 weeks)
- II. **EXAMS.** 4 exams will be given; Exam 4 is the final exam and is **not** cumulative.

Late Work Policy

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit. Late work that is completed within 7 days of the due date will be accepted, but with a 10% late deduction. Late work completed after 7 days following the assignment due date will **NOT** be accepted.

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 or designated platform, 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.

TENTATIVE COURSE CALENDAR

(subject to change)

| Week | Dates | Content | Assignments Due |
|-------------|----------------------------|--|-------------------------------------|
| 1 | Jan 11-15 ONLINE | Ch 1 – Measurement, Evaluation, Assessment and Statistics Ch 2 – Describing and Presenting a Distribution of Scores | LearnSmart Ch 1 and Ch 2 |
| 2 | Jan 18-22 ONLINE | Ch 3 – Investigating the Relationship between Scores Ch 4 – Investigating the Difference in Scores | LearnSmart Ch 3 and 4 |
| 3 | Jan 25-29 | Ch 5 – What is a Good Test? Ch 6 – Construction of Knowledge Tests | LearnSmart Ch 5 and 6 |
| 4 | Feb 1-5 | Unit 1 Exam | LearnSmart Exam #1: Ch 1-6 |
| 5 | Feb 8-12 | Ch 7 – Assessment and Grading Ch 8 – Construction and Administration of Psychomotor Tests | LearnSmart Ch 7 and 8 |
| 6 | Feb 15-19 | Ch 9 –Agility Ch 10 – Balance | LearnSmart Ch 9 and 10 |
| 7 | Feb 22-26 | Ch 11 – Cardiorespiratory Fitness | LearnSmart Ch 11 |
| 8 | Mar 1-5 | Ch 12 – Flexibility | LearnSmart: Ch 12 |
| 9 | Mar 8-12 | SPRING BREAK – NO CLASS | |
| 10 | Mar 15-19 | Ch 13 – Muscular Strength, Endurance, and Power | LearnSmart Ch 13 |
| 11 | Mar 22-26 | Unit 2 Exam | LearnSmart Exam #2: Ch 7-13 |
| 12 | Mar 29-Apr 2 | Ch 14 – Anthropometry and Body Composition | LearnSmart Ch 14 |
| 13 | Apr 5-9 | Ch 15 – Physical Fitness | LearnSmart Ch 15 and 16 |
| 14 | Apr 12-16 | Ch 16 – Older Adults Ch 17 – Special-Needs Populations | LearnSmart Ch 16 and 17 |
| 15 | Apr 19-23 | Ch 18 – Sports Skills | LearnSmart Ch 18 |
| 16 | Apr 26 April 29 | Unit 3 Exam DEAD DAY – NO CLASS | LearnSmart Exam #3: Ch 14-18 |
| 17 | Apr 30, May 3-5 | FINAL EXAMS | TBD |

Academic Honesty

Students are expected to do their own work. Cheating in any form will be subject to disciplinary action that can result in dismissal from the class with a grade of F. This includes plagiarism.

All of the following are considered plagiarism: (Retrieved from: <http://www.plagiarism.org/>)

- turning in someone else's work as your own
- copying words or ideas from someone else without giving credit
- failing to put a quotation in quotation marks
- giving incorrect information about the source of a quotation
- changing words but copying the sentence structure of a source without giving credit
- copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

Academic Integrity Statement

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation. 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).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

Accidents & Injuries

In the case of bodily or personal property damage, the Human Performance and Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

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 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.

Sul Ross Bryan Wildenthal Memorial Library Statement

The Sul Ross Library offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

SRSU Disability Services and ADA Statement

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.

LEARNING SUPPORT

SRSU Graduate Center

The Graduate Student Center, located in BAB 104, provides resources and services for all SRSU graduate students. There is a computer lab with desktop computers and a networked printer/copier/scanner; laptop computers which can be checked out; a projector and screen for rehearsing student presentations; and a conference room for group study. Both Alpine and distance education students can receive writing and other assistance by calling 432-837-8524.

BLACKBOARD

Our new 24/7 Blackboard online support desk and toll-free hotline are set to debut next Monday, May 18th, the Blackboard online support desk toll free number will go live and will be made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues. SRSU 24/7 Blackboard Technical Support Online Support Desk Contact Info: Toll Free: 888.837.6055 Email: blackboardsupport@sulross.edu

MCGRAW-HILL CONNECT

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.