



# SUL ROSS STATE UNIVERSITY



Department of Kinesiology  
and Human Performance

## PE 4301 Test and Measurements Spring 2022

Graves-Pierce Complex - room 102A

Instructor: Jim Hector, Ed.D.

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Office Hrs: **Tuesday, Wednesday and Thursday: 1:30 – 5:00 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.

**Text: Textbook NOT required.** We will discuss the textbook during the first day of class on January the 17<sup>th</sup>.

**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 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.

**General Responsibilities:** *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 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. 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. Notes from the university nurse or doctor are required for an excused sickness. University sponsored events are excused.

**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.

**Attendance**

Attendance for class is mandatory. Every class day is a grade. Each class starts on time and there will be a warm-up for 10 minutes. If you miss the warm-up you will be expected to complete the warm-up at the end of class.

**GRADING**  
**POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS**

Grade calculation	% of Grade	Grading Scale
Attendance/Participation	20%	200 points
FitnessGram	20% (100 points)	200 points
Mid-Term Exam	20%	200 points
Final Project	20%	200 points
Final Exam *	20% (100 points)	200 points
		Total Points = 1000

- 900 – 1000 points = A
- 800 – 899 points = B
- 700 – 799 points = C
- 600 – 699 = D
- F < 600

## Course Schedule

*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>

## Course Schedule

<b><u>Week 1&amp;2</u></b>	<b>Syllabus/Introduction</b>	
<b><u>Week 3&amp;4</u></b>	<b>FitnessGram – Cardiorespiratory Fitness</b>	
<b><u>Week 5&amp;6</u></b>	<b>FitnessGram - Body Composition</b>	
<b><u>Week 7&amp;8</u></b>	<b>FitnessGram – Muscular Strength, Endurance</b>	
<b><u>Week 9&amp;10</u></b>	<b>FitnessGram - Flexibility</b>	
<b><u>Week 11&amp;12</u></b>	<b>Sport Skills</b>	
<b><u>Week 13&amp;14</u></b>	<b>Project Presentations</b>	
<b><u>Week 15&amp;16</u></b>	<b>Project Presentations</b>	

### UNIVERSITY POLICIES

## **Accidents & Injuries**

In the case of bodily or personal property damage, the 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.

## **SRSU Distance Education Statement**

Students enrolled in distance education courses have equal access to the university's academic support services, such as 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. 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. Directions for filing a student complaint are located in the student handbook.

## **SRSU Library Info**

The Bryan Wildenthal Memorial Library in Alpine. 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](http://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](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

## **Disability Statement**

SRSU Disability Services. 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 each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartze Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [mschwartze@sulross.edu](mailto:mschwartze@sulross.edu) Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

## **Academic Integrity Statement**

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 appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another

course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

### **Classroom Climate of Respect**

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

### **Diversity Statement**

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

### **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.