

PLNU EXS 201
Fundamental Fitness Assessment Techniques
Department of Kinesiology

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Office Hours: MWF 2:30-4:00 TR 1:00-4:00 ~ Kinesiology Dept.

PLNU Mission 

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description:

This fitness assessment course provides a practical component to fitness certifications. It serves as a foundation for safe and effective design of exercise program. Students will learn, understand and develop their skills in performing health screening and risk assessments, and conducting fundamental physiological assessments.

IDEA Objectives met in this course:

- A. Gaining factual knowledge (terminology, classifications, methods, trends)
- B. Learning to apply course materials (to improve rational thinking, problem solving and decisions)
- C. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.

Student Learning Outcomes: Upon completion of this course students will be able

- To provide the tools to effectively screen and stratify a client's risk for exercise participation (IDEA – A, B)
- To become more familiar with health-related fitness assessment protocols (IDEA-C)
- To understand how to design safe and effective exercise programs (IDEA – A, C)
- To understand health screening and risk assessment as well as conduct accurate fitness assessments (IDEA- A, B)
- To evaluate cardiovascular fitness, flexibility, muscle strength and endurance (IDEA- B)
- To determine body composition using skin fold caliper and circumference measurements (IDEA – A, C)
- To monitor resting and exercise heart rates and blood pressure (IDEA – A, B)
- To practice administering blood glucose test (IDEA – C)

Text: [ACSM's Health-Related Physical Fitness Assessment Manual, Fifth Edition](#)

ACSM
ISBN: 978-1-4963-3880-8

Lippincott, Williams & Wilkins (publishers) ISBN: 978-1-4511-1568-0

ACSM's Guidelines for Exercise Testing and Prescription 9th or 10th Ed. ISBN: 978-1-60913-955-1 (optional)

ACE Personal Trainer Manual 5th ed. (optional)

Assignments: Complete the case studies assigned (TBA). Case studies evaluate your abilities in completing health risk assessments and test administration planning. Participate and apply assessment techniques in a campus Fitness Challenge (TBA).

Practicum: These occur throughout the course during each module or chapter. You will complete a practicum of the assessments learned during this course. You will work with partners and will demonstrate your knowledge, skills, and abilities by:

1. Briefly explaining test objectives and instructions
2. Briefly demonstrating test protocols
3. Allowing practice trials and administering test protocols where necessary.

Attendance: Attendance is mandatory for the entire duration of this course. Participation in class practicum and discussion constitutes 10% of your final grade and requires **active** participation in all modules.

Grading:

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| 1. Quiz 17 pts/Exam 20 pts | 37 |
| 2. Assignments (case studies, Power pt., discussion) | TBA |
| 3. Practicum (approx.) 7 | TBA |
| 4. Final Paper (TBA) | TBA |
| 5. Attendance and Participation 15 weeks @ 5 ea | <u>75</u> |

Total: TBA

A = 156-165 A- =148-155 B+ = 140-147 B = 132-146 B- = 123-131 C+ = 115-122

C = 110-114 C- = 105-109 D+ = 100-104 D = 95-99 D- = 90-94 F = < 89

Academic Accommodations: While some students are expected to meet the minimum academic standards for completion of this course, students with disabilities may require academic accommodations. To request academic accommodations, you will need to file documentation with the [Disability Resource Center \(DRC\)](#), located in the Bond Academic Center. Once documentation is filed, the DRC will contact your instructors and provide written recommendations for reasonable and appropriate accommodation to meet your needs. If you have question or would like to discuss those of any learning problems, feel free to contact me. See [Academic Policies](#).

Ferpa Policy: As a student at Point Loma, you have a legal right to privacy as outlined in the federal FERPA (Family Educational Rights and Privacy Act) legislation. If I post grades or return assignments, I will do so in a way that does not publicly reveal your name, ID, or SS# without your written permission. See [Policy Statements](#) for full text.

Use of Technology: PLNU encourages the use of technology in learning, communicating, and occasional collaboration. In this course, we will rely on Eclass for accessing course materials, supplemental information, and submitting assignments. You are welcome to bring your laptop, iPad and/or cell phone to class—but please make sure you use them appropriately and responsibly. ***If a tech tool becomes a distraction or disruption while class is in session, I will ask you to put it away or invite you to no longer bring it to class.***

FINAL EXAMINATION POLICY 

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

NOTE: The following policies are to be used without changes:

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

