Course Outline

UNIVERSITY STUDIES

HEED 311
Assessment of Fitness and Health
Winter, 2014

3 CREDITS
5 HOURS PER WEEK

INSTRUCTOR: Michael Scarlett
INSTRUCTOR: Michael Scarlett

PHONE NUMBER: (780) 791-4824

E-MAIL: michael.scarlett@keyano.ca

OFFICE NUMBER: S213E

OFFICE HOURS:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:00 – 12:50 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2:00 – 2:50 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2:00 – 2:50 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>1:00 – 1:50 pm</td>
</tr>
</tbody>
</table>

HOURS OF INSTRUCTION:

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lectures</td>
<td>SSWC 2321</td>
<td>10:00 – 10:50 am</td>
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<tr>
<td></td>
<td>SSWC 2321</td>
<td>10:00 – 11:50 am</td>
</tr>
<tr>
<td>Labs</td>
<td>SSWC 2321</td>
<td>9:00 – 10:50 am</td>
</tr>
</tbody>
</table>

COURSE DESCRIPTION:

Through this course, students will learn and gain knowledge in fitness, health and lifestyle appraisals. The validity and reliability of fitness tests, as well as, factors involved in the appraisal and evaluation of an individual’s health and lifestyle will be thoroughly investigated.

Prerequisites: PEDS 200 and 309 or STATS 151.

COURSE OUTCOMES:

Students will be able to:

1. Describe, explain, and differentiate various assessment protocols for health and physical fitness.
2. Demonstrate competence at conducting, constructing, modifying, interpreting, and explaining tests of fitness and health for generally healthy populations, as well as some clinical populations.
3. Give knowledgeable feedback to assessed individuals discussing normative values, explaining results, with the ability to explain the physiological basis for the different testing that can be applied.
HEED 311 Course Outline

TEXT(S)/MATERIALS REQUIRED:


EVALUATION:

**Lab:**
- Exams 20% (2 x 10%)
- Field Project 15% (3 x 4% submitted work + 3% presentation)
- Unexcused absences - 5% each

**Lecture:**
- Exams 30% (2 x 15%)
- Final 35%- cumulative final
**TOPICS TO BE COVERED:**

**Please Note:**
This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Lecture</th>
<th>Seminar</th>
<th>Lab</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan 6 – 10</td>
<td>Lec: Introduction to testing why test? (1h), PATH overview (1h)</td>
<td>Sem: Format of seminars outline of project and due dates (1hrs) and Validity and Reliability of measures the Weight SCALE</td>
<td>Lab: Lab 1 Introduction and Screening</td>
</tr>
<tr>
<td>2</td>
<td>Jan 13 – 17</td>
<td>Lec: Testing for health CSEP components in detail (2 Hrs)</td>
<td>Sem: Observe the entire PATH PROTOCOL (critique the instructor)</td>
<td>Lab: Learning PATH</td>
</tr>
<tr>
<td>3</td>
<td>Jan 20 – 24</td>
<td>Lec: Testing for health Normative and Individual comparisons (1hrs)</td>
<td>Sem: Validity, reliability and reproducibility</td>
<td>Lab: Lab 2 Calibration and Clinical tests</td>
</tr>
<tr>
<td>4</td>
<td>Jan 27 – 31</td>
<td>Lec: Scope of practice (diagnosis in medicine and PT) (1hrs)</td>
<td>Sem: Simple statistics, mCAFT PART 1 of the field assignment is due</td>
<td>Lab: Lab 4 Aerobic 2</td>
</tr>
<tr>
<td>5</td>
<td>Feb 3 – 7</td>
<td><strong>Midterm 1</strong></td>
<td>Lec: Testing for sport Components of performance (2hrs)</td>
<td>Sem: Practice Lab: Lab 3 Aerobic 1</td>
</tr>
<tr>
<td>6</td>
<td>Feb 10 – 14</td>
<td>Lec: Testing for sport Sport Specificity(1hrs) Norm/Indi comparisons (1hrs)</td>
<td>Sem: Pretest</td>
<td>Lab: Lab 5 Aerobic 3</td>
</tr>
<tr>
<td>7</td>
<td>Feb 17 – 21</td>
<td>Lec: Testing for sport Training prescription (1-2hrs)</td>
<td>Sem: Retest</td>
<td>Lab: Lab Exam 1</td>
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<tr>
<td></td>
<td>17th off</td>
<td></td>
<td></td>
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<tr>
<td>8</td>
<td>Feb 24 – 28</td>
<td>Reading week</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>March 3 – 7</td>
<td>Lec: Testing in the field (sport)</td>
<td>Sem: Analysis of Validity (research) and reliability Coefficient of Variation PART 2 of the field assignment is due</td>
<td>Lab: Lab 6 Anaerobic tests</td>
</tr>
<tr>
<td>10</td>
<td>March 10 – 14</td>
<td>Lec: Testing in the lab (sport)</td>
<td>Sem: Midpoint test</td>
<td>Lab: Lab 7 Anthropometry 1</td>
</tr>
<tr>
<td>11</td>
<td>March 18 – 21</td>
<td><strong>Midterm 2</strong></td>
<td>Lec: Testing order:</td>
<td>Sem: Analysis of Change (indi comparisons and Norm comparison) Lab: Lab 8 Musculoskeletal assessment</td>
</tr>
<tr>
<td>12</td>
<td>March 24 – 28</td>
<td>Lec: Testing order:</td>
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### Lab Policy

Attendance is taken at each lab period. It is **MANDATORY** that you attend every lab throughout the term. There will be **5% deduction** from the final lab mark for every missed lab. Students are able to miss one lab with a written reason (i.e. death in the family, extreme sickness). Athletics is **NOT** a reason to miss labs.

Students should come dressed in gym strip to all designated lab activities and students are encouraged to actively participate in every lab session in learning the methods, performing techniques, answering questions directed by the lab instructor, discussing the procedures, working with peers and helping with cleaning the lab area after each lab.

### MOODLE

Go to [http://ilearn.keyano.ca](http://ilearn.keyano.ca)

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

### GRADING SYSTEM:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Description</th>
<th>Grade Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>A</td>
<td>Excellent</td>
<td>4</td>
</tr>
<tr>
<td>A-</td>
<td></td>
<td>3.7</td>
</tr>
<tr>
<td>B+</td>
<td>Good</td>
<td>3.3</td>
</tr>
<tr>
<td>B</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>B-</td>
<td></td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td>Satisfactory</td>
<td>2.3</td>
</tr>
<tr>
<td>C</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>C-</td>
<td></td>
<td>1.7</td>
</tr>
<tr>
<td>Grade</td>
<td>Description</td>
<td>GPA</td>
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<tr>
<td>-------</td>
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<tr>
<td>D+</td>
<td>Minimal Pass</td>
<td>1.3</td>
</tr>
<tr>
<td>D</td>
<td>Minimal Pass</td>
<td>1</td>
</tr>
<tr>
<td>F</td>
<td>Failure</td>
<td>0</td>
</tr>
</tbody>
</table>

Students intending to transfer to other institutions require a ‘C-’ as a minimum grade. Transfer information on each course is available at the Alberta Council on Admission and Transfers.

Students who do not complete all the required work should not expect to pass the course. Students should consult:

http://www.keyano.ca/current_students/examinations/index.htm

**IMPORTANT DATES:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 18, 2014</td>
<td>Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)</td>
</tr>
<tr>
<td>January 30, 2014</td>
<td>Part 1 of Assignment is Due</td>
</tr>
<tr>
<td>January 31, 2014</td>
<td>Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)</td>
</tr>
<tr>
<td>February 3, 2014</td>
<td>Midterm 1</td>
</tr>
<tr>
<td>February 17-21, 2014</td>
<td>Lab Exam 1</td>
</tr>
<tr>
<td>March 6, 2014</td>
<td>Part 2 of Assignment is Due</td>
</tr>
<tr>
<td>March 17, 2014</td>
<td>Midterm 2</td>
</tr>
<tr>
<td>April 3, 2014</td>
<td>Part 3 of Assignment is Due</td>
</tr>
<tr>
<td>April 7-11, 2014</td>
<td>Lab Exam 2</td>
</tr>
<tr>
<td>April 15, 2014</td>
<td>Part 4 of Assignment is Due</td>
</tr>
<tr>
<td>April 17, 2014</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>April 22-30, 2014</td>
<td>Final Exams</td>
</tr>
</tbody>
</table>

**COLLEGE POLICIES**

**Equality, Equity and Respect**
The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which
students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

*Students should consult:*
http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

### Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right. No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

*Student Rights & Responsibilities*
Students should consult the Keyano College Credit Calendar or online at:
http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1112-10-full.pdf

### Specialized Supports and Duty to Accommodate

*Disability Support Services: Learner Assistance Program*
If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

*Specialized Supports and Duty to Accommodate*
Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.