



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
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OFFICE NUMBER: S213E

OFFICE HOURS:

Monday	12:00 – 12:50 pm
Tuesday	2:00 – 2:50 pm
Wednesday	2:00 – 2:50 pm
Thursday	1:00 – 1:50 pm

HOURS OF INSTRUCTION:

Day	Location	Time
Lectures		
Monday	SSWC 2321	10:00 – 10:50 am
Tuesday	SSWC 2321	10:00 – 11:50 am
Labs		
Thursday	SSWC 2321	9:00 – 10:50 am

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.
4. Maintain safe practice principles with instruction of fitness assessment protocols.

TEXT(S)/MATERIALS REQUIRED:

Harman. E., & Garhammer. J. (2008). Chapter 12 Administration, Scoring and Interpretation of Selected Tests. In T. R. Baechle & R.W. Earle Essentials of Strength Training and Conditioning (pp. 249-292) Winsdorsor ON: Human Kinetics.

Harman. E. (2008). Chapter 11 Principles of Test selection and Administration. In T. R. Baechle & R.W. Earle Essentials of Strength Training and Conditioning (pp. 237-247) Winsdorsor ON: Human Kinetics.

Weller, I.M.R., S.G. Thomas, N. Gledhill, D. Paterson, and A. Quinney. 1995. "A study to validate the modified Canadian Aerobic Fitness Test." *Canadian Journal Of Applied Physiology* 20, no. 2: 211-221. SPORTDiscus with Full Text, EBSCOhost (accessed January 2, 2014).

Roecker, K. K., Schotte, O. O., Niess, A. M., Horstmann, T. T., & Dickhuth, H. H. (1998). Predicting competition performance in long-distance running by means of a treadmill test. *Medicine & Science In Sports & Exercise*, 30(10), 1552-1557.

Mujika, I., McFadden, G., Hubbard, M., Royal, K., & Hahn, A. (2006). The Water-Polo Intermittent Shuttle Test: A Match-Fitness Test for Water-Polo Players. *International Journal Of Sports Physiology & Performance*, 1(1), 27-39.

Burr, J. F., Jamnik, R. K., Baker, J., MacPherson, A., Gledhill, N., & McGuire, E. J. (2008). RELATIONSHIP OF PHYSICAL FITNESS TEST RESULTS AND HOCKEY PLAYING POTENTIAL IN ELITE-LEVEL ICE HOCKEY PLAYERS. *Journal Of Strength & Conditioning Research (Lippincott Williams & Wilkins)*, 22(5), 1535-1543

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.

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

			Sem: Final test Lab: Lab 9 Flexibility
13	March	31 – 4	Lec: Hybrid testing Sem: Work on Presentations PART 3 of the field assignment is due Lab: Lab 10 Posture Balance Backs Agility
14	April	7 – 11	Lec: Occupational testing (BFOR) Sem: Presentation of results Lab: Lab Exam 2
15	April	14 – 18	Lec: Review Sem: Brainstorming topic PART 4 of the field assignment is due Lab: Lab 11 FMS screening
16	April	21 – 25	Final Exams
17	April	28 - 30	Final Exams

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>

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:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7

D+		1.3
D	Minimal Pass	1
F	Failure	0

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:

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

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.

