

PEDS 311- Assessment of Fitness and Health

3 credits, 16 weeks, 5 hours per week (3 hours lecture, 2 hours lab)

Official 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 and/or co-requisites: PEDS 200 and 209 or STATS 151

Instructor

Michael Scarlett

Office location: S213E

Phone number: (780) 791-4824

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Office Hours

	Time
Monday	15:00 -15:50
Tuesday	15:00 -15:50
Friday	13:00 -15:50

Hours of Instruction

Day	Location	Time
Tuesday	SSWC 2323	09:00 – 09:50
Wednesday	SSWC 2323	14:00 – 15:50 Laboratory
Thursday	SSWC 2323	08:00 – 09:50

Required Resources

CSEP-PATH: Physical Activity Training for Health, Canadian Society for Exercise Physiology.

ACSM's Health-Related Physical Fitness Assessment Manual, 4e American College of Sports Medicine.

Supplied Readings

Boyd, L., Rogers T., Docherty, D., Petersen, S.R. (2014) Variability in performance of a work simulation test of physical fitness for firefighters. *Applied Physiology in Nutrition and Metabolism*. 40(4):1-7.

Dreger, R.W., Petersen S.R. (2007) Oxygen cost of the CF-DND fire fit test in males and females. *Applied Physiology in Nutrition and Metabolism*, 32: 454-462.

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) Winsdors 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) Winsdors ON: Human Kinetics.

Hopkins, W.G. (2000) Measures of Reliability in Sports Medicine and Science. Sports Medicine. 30(1): 1-15.

McGuigan, M. (2014) Chapter 1 Evaluating Athletic Capacities. In D. Lewindon., & D. Joyce, High-Performance training for Sports (pp 3-13) Winsdors ON: Human Kinetics.

Krustrup, P., M. Mohr, T. Amstrup, T. Rysgaard, J. Johansen, A. Steensberg, P. K. Pedersen, and J. Bangsbo (2003). The Yo-Yo Intermittent Recovery Test: Physiological Response, Reliability, and Validity. Medicine and Science in Sports and Exercise.35(4). 697–705.

Stickland, M K., Petersen, S.R., Bouffard, M. (2003) Prediction of Maximal Aerobic Power From the 20-m Multi-stage Shuttle Run Test. Canadian Journal of Applied Physiology, 28:272-282

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(2): 211-221.

Course Outcomes

1. To describe, explain, differentiate various assessment protocols for health and physical fitness.
2. To be competent at conducting, constructing, modifying, interpreting, and explaining tests of fitness and health for generally healthy populations, as well as some clinical populations.
3. Be able to give feedback to assessed individuals by gaining knowledge in the protocols, discussing normative values, explaining results, and have 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.

Evaluation

Field Project:

Part 1: Screen and Explain	4%	(Due February 5 th)
Part 2: Practice and Test	4%	(Due March 18 th)
Part 3: Retest and Interpret	4%	(Due April 8 th)
Presentation	3%	(Due April 12 th)
Total	15%	

Lab:

Practical Exams	20% (2 x 10%)	(February 10 th , April 6 th)
Unexcused absences	- 5% each	

Lecture:

Midterm Exams	30% (2 x 15%)	(February 2 nd , March 15 th)
Final Exam	35%	(Exam week)

Total	100%	
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A grade of C- is required for progression or transfer.

Grading System

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 92.9	Work shows in-depth and critical analysis, well developed ideas, creativity, excellent writing, clarity and proper format.
	A	4.0	85 – 92.9	
	A-	3.7	80 – 84.9	
Good	B+	3.3	77 – 79.9	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	74 – 76.9	
	B-	2.7	70 – 73.9	
Satisfactory Progression	C+	2.3	67 – 69.9	Work has some developed ideas but needs more attention to clarity, style and formatting.
	C	2.0	64 – 66.9	
	C-	1.7	60 – 63.9	
Poor Minimum Pass	D+	1.3	55 – 59.9	Work is completed in a general way with minimal support, or is poorly written or did not use proper format.
	D	1.0	50 – 54.9	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

Important Dates:

January 11 th , 2016	Last day to add for fall semester. Fees due
January 18 th , 2016	Courses dropped by this date will be designated “W” and you will receive a full refund. <i>(a withdrawal “W” is not reflected in your GPA)</i>
February 12 th , 2016	Courses dropped by this date will be designated “W” and you will receive a 50% refund.
February 22 nd to 26 th , 2016	Reading Week (no classes)
March 29 th , 2016	Courses dropped by this date will be designated “W”.
April 15 th , 2016	Last day of Class
April 18 th to 22 nd , 2016	Final Exams

Proposed Schedule of Topics

	Topic <i>Please Note:</i> This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.	<u>Reading and Preparation</u>
Week 1	<ul style="list-style-type: none"> In class data collection and introduction to health and performance measures in exercise testing 	CSEP PATH Ask, Assess ACSM CHP 1
Week 2	<ul style="list-style-type: none"> The Components of Testing for Health: CSEP PATH Concepts: Validity, Reliability and Precision 	Harman Chp 11 pg 238-241
Week 3	<ul style="list-style-type: none"> Statistics: Descriptive statistics and Data sets Statistics: Validity, Reliability and Precision 	McGuigan Chp 1 pg 1-6
Week 4	<ul style="list-style-type: none"> Risk and Scope of Practice The Components of Testing for Performance 	CSEP PATH Professionalism ACSM CHP 2-3
Week 5	<ul style="list-style-type: none"> Midterm 1 (February 2nd) The Importance of Practice PART 1 of the Field assignment is due 	Harman Chp 12 pg 250-253 Boyd, Petersen & Rogers 2014
Week 6	<ul style="list-style-type: none"> The Importance of Precision Lab Exam 1 (February 10th) 	Krustrup et al., (2003)
Week 7	<ul style="list-style-type: none"> Using Test Results to Set Training Intensities Using Test Results to Monitor Change 	McGuigan Chp 1 pg 6-11
Week 8	<i>Reading week (February 22nd -26th)</i>	
Week 9	<ul style="list-style-type: none"> Laboratory vs. Field tests 	Stickland et al. 2003
Week 10	<ul style="list-style-type: none"> Field vs. Laboratory tests PART 2 of the Field assignment is due 	
Week 11	<ul style="list-style-type: none"> Normative, Intra-subject and Inter-subject comparisons Midterm 2 (March 15th) 	CSEP PATH Advise, Assist McGuigan Chp 1 pg 11-13
Week 12	<ul style="list-style-type: none"> Hybrid Testing and Testing Order 	Harman Chp 11 pg 241-246
Week 13	<ul style="list-style-type: none"> Occupational testing (BFOR) 	Dreger & Petersen, 2007
Week 14	<ul style="list-style-type: none"> Review PART 3 of the field assignment is due Lab Exam 2 (April 6th) 	
Week 15	<ul style="list-style-type: none"> Presentations 	

	Lab Schedule
Week 1	<i>No lab: First day</i>
Week 2	Lab 1 Introduction and Screening
Week 3	Lab 2 Calibration and Clinical tests
Week 4	Lab 3 Aerobic 1
Week 5	Lab 4 Aerobic 2
Week 6	Lab Exam 1 (February 10th)
Week 7	Lab 5 Aerobic 3
Week 8	<i>No lab: Reading Week</i>
Week 9	Lab 5 Anaerobic Tests
Week 10	Lab 6 Anthropometry
Week 11	Lab 7 Musculoskeletal Assessment
Week 12	Lab 8 Flexibility
Week 13	Lab 9 Posture, Balance, Agility
Week 14	Lab Exam 2 (April 6th)
Week 15	No labs

Please Note:

Date and time allotted to each topic is subject to change. It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College Credit Calendar.

Performance Requirements**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.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
 - Please see link to "Plagiarism Tutorial/Certificate" under the "STUDENT" area on the following link <http://ilearn.keyano.ca/>
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment

Penalties for academic offences range from a verbal reprimand to dismissal from the College, and in certain circumstances may involve legal action.

Specialized Supports**Counselling and Disability Services**

Counselling Services provides a wide range of specialized counselling services to prospective and registered students, including personal, career and academic counselling.

SKILL Centre

The SKILL Centre is a learning space in the Clearwater Campus at Keyano College where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff.

The SKILL Centre, through a variety of delivery methods, provides assistance in skill development to Keyano students. Assistance is provided by instructors, staff and student tutors. Individuals wishing to improve their mathematics, writing, grammar, study, or other skills, can take advantage of this unique service.

Authorization

This course outline has been reviewed and approved by the Program Chair.

 Michael, Scarlett, Instructor

 Louis Dingley, Chair, University Studies Date Authorized

 Guy Harmer, Dean, School of Arts, Science, Business & Education Date Authorized

 Vincella Thompson, Dean, School of Health, Wellness and Human Service Date Authorized

Signed copies to be delivered to:

Instructor
 Registrar's Office