

Course Syllabus

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Course Information

	<p>Department of Kinesiology</p> <p>KIN2001: Fundamentals of Fitness Assessment & Development</p> <p>2 units</p>
<p>Fall, 2021</p>	

Instructor Contact Information

Meeting days: Tuesday/Thursday	Instructor: Ann Davis
Meeting times: 8:30 a.m. - 9:25 a.m.	Phone: 619-889-7738
Meeting location: Rohr Science 195	Email: anndavis@pointloma.edu
Final Exam: TBD	Office location and hours:

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 is an expression of faith. Being of Wesleyan heritage, we strive 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.

COURSE LEARNING OUTCOMES

IDEA Objectives met in this course:

1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning to apply course materials (to improve rational thinking, problem solving and decisions)
3. 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)

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES:

1. [ACSM's Health-Related Physical Fitness Assessment Manual, Fifth Edition](https://na01.safelinks.protection.outlook.com?url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshen)
([https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshen](https://na01.safelinks.protection.outlook.com?url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshen))

ISBN: 978-1-4963-3880-8

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

2. **ACSM's Guidelines for Exercise Testing and Prescription 9th or 10th Ed.**

ISBN: 978-1-60913-955-1 (optional)

Assignments: Complete the case studies assigned (TBA). Case studies evaluate your abilities in completing health risk assessments and test administration planning. (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:

1. Quiz 18 pts/Final Exam 36 pts: 54
2. Assignments (case studies, Power pt., discussion): TBA
3. Practicum (approx.) 7-8: 70-80
4. Final Paper (TBA): TBA
5. Attendance and Participation 15 weeks @ 5 each: 75

Total: TBA

A = 93-100% A- = 90-92% B+ = 87-79% B = 83-86% B- = 80-82 % C+ = 77-79%

C = 73-76% C- = 70-72% D+ = 67-69% D = 63-66% D- = 60-62% F = < 60%

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

COURSE SCHEDULE AND ASSIGNMENTS

See the [Schedule](#) page for the most current list of assignment dates.

ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	

A	B- 8B82	C- 7C72	D- 6D62	F
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INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

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](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Face-to-Face Format

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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) in the Undergraduate Academic Catalog.

Hybrid Format

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

Face-to-face Portion of the Hybrid course

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

Online Portion of the Hybrid Course

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

be assigned a grade of F and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

Online Format

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) (<https://www.pointloma.edu/offices/spiritual-development>).

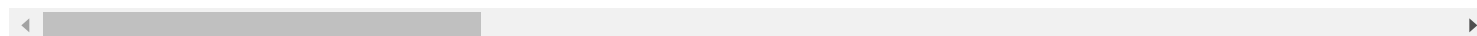
USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.


Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.








Course Summary:




Date	Details	Due
Fri Jun 11, 2021	 Wrap Up Week Wellness Survey https://canvas.pointloma.edu/courses/62525/assignments/831997	due by 11:59pm













Date	Details	Due
Mon Aug 22, 2022	 Week 1 Overview*	to do: 11:59pm
Tue Aug 23, 2022	 Week 1: Synchronous Session Agenda	to do: 11:59pm
Mon Sep 5, 2022	 COVID-19 Preparedness (https://canvas.pointloma.edu/courses/62525/assignments/799171)	due by 11:59pm
Thu Sep 8, 2022	 Chapter 1 Homework Assignment/Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799175)	due by 11:59pm
	 1 Corinthians 6:19-20 Discussion	to do: 11:59pm
Fri Sep 9, 2022	 Week 1 Assignment (https://canvas.pointloma.edu/courses/62525/assignments/799230)	due by 11:59pm
	 WK1 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799159)	due by 11:59pm
Sat Sep 10, 2022	 Week 1 Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799155)	due by 11:59pm
Mon Sep 12, 2022	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/62525/assignments/799153)	due by 11:59pm
Thu Sep 15, 2022	 Partner interview forms (https://canvas.pointloma.edu/courses/62525/assignments/799185)	due by 11:59pm
	 Week 2 Discussion: "Bob" Case Study	to do: 11:59pm
Sun Sep 18, 2022	 WK 3 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799152)	due by 11:59pm
Tue Sep 20, 2022	 Case Studies - old guidelines (https://canvas.pointloma.edu/courses/62525/assignments/799172)	due by 11:59pm













Date	Details	Due
Thu Sep 22, 2022	 WK4 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799151)	due by 11:59pm
	 "Bob"& "Mary" Risk Identification Case Study (https://canvas.pointloma.edu/courses/62525/assignments/799170)	due by 11:59pm
Tue Sep 27, 2022	 WK 5 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799160)	due by 11:59pm
Thu Sep 29, 2022	 Practical #1 Health-Risk Screening (https://canvas.pointloma.edu/courses/62525/assignments/799188)	due by 11:59pm
	 Practicum #2 HR and BP Responses to Exercise (https://canvas.pointloma.edu/courses/62525/assignments/799190)	due by 11:59pm
Sun Oct 2, 2022	 Week 4 Blood Pressure Cuff	to do: 11:59pm
Sun Oct 9, 2022	 Estimation of Goal Body Weight - Extra credit (https://canvas.pointloma.edu/courses/62525/assignments/799179)	due by 11:59pm
	 Practicum #3 Body Composition Packet (https://canvas.pointloma.edu/courses/62525/assignments/799193)	due by 11:59pm
	 WK 6 & 7 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799157)	due by 11:59pm
Fri Oct 14, 2022	 Discussion: Upload of Body Composition	to do: 11:59pm
	 WK 6 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799150)	due by 11:59pm
Sun Oct 16, 2022	 Matching Quiz Chapter 5 (https://canvas.pointloma.edu/courses/62525/assignments/799149)	due by 11:59pm








Date	Details	Due
Fri Oct 21, 2022	 Muscular Strength Demo Videos https://canvas.pointloma.edu/courses/62525/assignments/799184	due by 11:59pm
Sun Oct 23, 2022	 WK 6 & 7 Practicum #4 Muscular Fitness https://canvas.pointloma.edu/courses/62525/assignments/799223	due by 11:59pm
	 Practical #4 demonstrations	to do: 11:59pm
Tue Oct 25, 2022	 WK 8 & 9 Video Demonstrations of Flexibility Assessments https://canvas.pointloma.edu/courses/62525/assignments/799225	due by 11:59pm
	 WK 8 & 9: Muscle Imbalance Lower Back Pain Video https://canvas.pointloma.edu/courses/62525/assignments/799226	due by 11:59pm
Sun Oct 30, 2022	 WK 8 & 9 Video Lecture & Quiz https://canvas.pointloma.edu/courses/62525/assignments/799154	due by 11:59pm
Sun Nov 6, 2022	 WK 8 & 9 Flexibility Practicum Packet #5 https://canvas.pointloma.edu/courses/62525/assignments/799224	due by 11:59pm
	 WK 8 & 9 Discussion: Practicum #5 demonstrations	to do: 11:59pm
Mon Nov 7, 2022	 WK 10 & 11 Chapter 7 & 8 PowerPoint https://canvas.pointloma.edu/courses/62525/assignments/799201	due by 11:59pm
Wed Nov 9, 2022	 WK 10 VO2 Max Explained YouTube Video https://canvas.pointloma.edu/courses/62525/assignments/799207	due by 11:59pm
Fri Nov 11, 2022	 WK 10 VO2 Max Explained Article https://canvas.pointloma.edu/courses/62525/assignments/799206	due by 11:59pm

Date	Details	Due
Sat Nov 12, 2022	 <u>WK 10 General Heart Rate Information</u> (https://canvas.pointloma.edu/courses/62525/assignments/799203)	due by 11:59pm
	 <u>WK 10 Rate of Perceived Exertion Chart</u> (https://canvas.pointloma.edu/courses/62525/assignments/799204)	due by 11:59pm
Tue Nov 15, 2022	 <u>WK 10 Target Heart Rate & Estimated VO2 max homework</u> (https://canvas.pointloma.edu/courses/62525/assignments/799205)	due by 11:59pm
	 <u>WK 11 Queen's College 3-min Step Test Video Demonstration</u> (https://canvas.pointloma.edu/courses/62525/assignments/799209)	due by 11:59pm
	 <u>WK11 1-Mile Rockport Walk Test video demonstration</u> (https://canvas.pointloma.edu/courses/62525/assignments/799227)	due by 11:59pm
	 <u>WK11 1.5 -Mile Run/Walk Test Video Demonstration</u> (https://canvas.pointloma.edu/courses/62525/assignments/799228)	due by 11:59pm
Fri Nov 18, 2022	 <u>WK 10 Case Study Assignment</u> (https://canvas.pointloma.edu/courses/62525/assignments/799202)	due by 11:59pm
Sat Nov 19, 2022	 <u>WK 11 - Cardiorespiratory Sub-Max Field Test - Practicum 6 Packet</u> (https://canvas.pointloma.edu/courses/62525/assignments/799208)	due by 11:59pm
Sun Nov 20, 2022	 <u>WK 10 & 11 Practical #6 Cardio Fitness</u>	to do: 11:59pm
Mon Nov 21, 2022	 <u>WK 12 Power Point Video Lecture - Balance & Core</u> (https://canvas.pointloma.edu/courses/62525/assignments/799156)	due by 11:59pm
Tue Nov 22, 2022	 <u>Wk 12 Balance and the Elderly Video</u> (https://canvas.pointloma.edu/courses/62525/assignments/799231)	due by 11:59pm

Date	Details	Due
	 Wk 12 Regular and Sharpened Romberg Balance Test Video https://canvas.pointloma.edu/courses/62525/assignments/799232	due by 11:59pm
	 Wk 12 Stork-Stand Balance Demonstration Video https://canvas.pointloma.edu/courses/62525/assignments/799233	due by 11:59pm
Thu Nov 24, 2022	 WK 12 Balance Exercises Video https://canvas.pointloma.edu/courses/62525/assignments/799210	due by 11:59pm
Sun Nov 27, 2022	 WK 12 Practicum #6	to do: 11:59pm
Fri Dec 2, 2022	 WK 13 Kyphosis Analysis Video https://canvas.pointloma.edu/courses/62525/assignments/799216	due by 11:59pm
	 WK 13 Why Assess Posture? https://canvas.pointloma.edu/courses/62525/assignments/799222	due by 11:59pm
Tue Dec 6, 2022	 WK12 Y-Balance Test: Demonstration Video https://canvas.pointloma.edu/courses/62525/assignments/799229	due by 11:59pm
	 WK 13 LBP Muscle Imbalance Video https://canvas.pointloma.edu/courses/62525/assignments/799217	due by 11:59pm
Thu Dec 8, 2022	 WK 13 PowerPoint Video Lecture https://canvas.pointloma.edu/courses/62525/assignments/799221	due by 11:59pm
Fri Dec 9, 2022	 WK 12 Practicum #7 Balance and Core Packet https://canvas.pointloma.edu/courses/62525/assignments/799211	due by 11:59pm
	 WK 13 Anterior Pelvic Tilt Video https://canvas.pointloma.edu/courses/62525/assignments/799213	due by 11:59pm

Date	Details	Due
	 WK 13 Anterior Postural Video (https://canvas.pointloma.edu/courses/62525/assignments/799214)	due by 11:59pm
	 WK 13 How to Assess Pelvic Positioning with Palpation (https://canvas.pointloma.edu/courses/62525/assignments/799215)	due by 11:59pm
	 WK 13 Lateral Postural Analysis Video (https://canvas.pointloma.edu/courses/62525/assignments/799218)	due by 11:59pm
	 WK 13 Posterior Analysis Video (https://canvas.pointloma.edu/courses/62525/assignments/799219)	due by 11:59pm
	 WK 13 Posterior Pelvic Tilt Video (https://canvas.pointloma.edu/courses/62525/assignments/799220)	due by 11:59pm
Tue Dec 13, 2022	 WK13 & 14 Practicum #8	to do: 11:59pm
Thu Dec 15, 2022	 WK 13 & 14 Postural Assessment Packet #8 & Anatomical Position Terms (https://canvas.pointloma.edu/courses/62525/assignments/799212)	due by 11:59pm
	 article free wts vs resistance (https://canvas.pointloma.edu/courses/62525/assignments/799234)	
	 Case Study "Mary" (https://canvas.pointloma.edu/courses/62525/assignments/799173)	
	 Chapter 1 Definition Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799174)	
	 Coronary Risk Factor Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799176)	
	 Coronary Risk Factor Quiz (https://canvas.pointloma.edu/courses/62525/assignments/799177)	

Date	Details	Due
	 <u>Definition Quiz Chapter 1</u> (https://canvas.pointloma.edu/courses/62525/assignments/799178)	
	 <u>extra credit treadmill test</u> (https://canvas.pointloma.edu/courses/62525/assignments/799235)	
	 <u>Final Exam</u> (https://canvas.pointloma.edu/courses/62525/assignments/799158)	
	 <u>Final Exam</u> (https://canvas.pointloma.edu/courses/62525/assignments/799180)	
	 <u>Final Exam grade Input</u> (https://canvas.pointloma.edu/courses/62525/assignments/799181)	
	 <u>Karvonen Formula</u> (https://canvas.pointloma.edu/courses/62525/assignments/799182)	
	 <u>Matching Quiz</u> (https://canvas.pointloma.edu/courses/62525/assignments/799183)	
	 <u>Pop-Quiz - Extra credit</u> (https://canvas.pointloma.edu/courses/62525/assignments/799186)	
	 <u>Postural Self-Analysis</u> (https://canvas.pointloma.edu/courses/62525/assignments/799187)	
	 <u>Practicum #1 Resting Measures Blood Pressure</u> (https://canvas.pointloma.edu/courses/62525/assignments/799189)	
	 <u>Practicum #2 Health-Risk Screening</u> (https://canvas.pointloma.edu/courses/62525/assignments/799191)	
	 <u>Practicum #3 Body Composition Measurements</u> (https://canvas.pointloma.edu/courses/62525/assignments/799192)	

Date	Details	Due
	 <u>Practicum #4 Muscular Fitness Assessment</u> (https://canvas.pointloma.edu/courses/62525/assignments/799194)	
	 <u>Practicum #4 Muscular Fitness Packet</u> (https://canvas.pointloma.edu/courses/62525/assignments/799195)	
	 <u>Practicum #5 Flexibility assessment</u> (https://canvas.pointloma.edu/courses/62525/assignments/799196)	
	 <u>Practicum #6 Aerobic Field Test submax</u> (https://canvas.pointloma.edu/courses/62525/assignments/799197)	
	 <u>Practicum #7 Balance</u> (https://canvas.pointloma.edu/courses/62525/assignments/799198)	
	 <u>Quiz - Anatomical descriptions pop-quiz</u> (https://canvas.pointloma.edu/courses/62525/assignments/799199)	
	 <u>TENTATIVE Schedule</u> (https://canvas.pointloma.edu/courses/62525/assignments/799200)	