

Course Syllabus

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Course Information

 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<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- 882	C- 772	D- 662	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.

- 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) [_ \(https://www.pointloma.edu/offices/spiritual-development\)](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) [_ \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](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
Mon Aug 16, 2021	 Week 1 Overview*	to do: 11:59pm










Date	Details	Due
Tue Aug 17, 2021	 Week 1: Synchronous Session Agenda	to do: 11:59pm
Mon Aug 30, 2021	 Academic Honesty Verification Statement https://canvas.pointloma.edu/courses/59708/assignments/707651	due by 11:59pm
	 COVID-19 Preparedness https://canvas.pointloma.edu/courses/59708/assignments/707643	due by 11:59pm
Thu Sep 2, 2021	 1 Corinthians 6:19-20 Discussion https://canvas.pointloma.edu/courses/59708/assignments/689104	due by 11:59pm
	 Chapter 1 Homework Assignment/Quiz https://canvas.pointloma.edu/courses/59708/assignments/689107	due by 11:59pm
Fri Sep 3, 2021	 Week 1 Assigment https://canvas.pointloma.edu/courses/59708/assignments/689161	due by 11:59pm
	 WK1 Video Lecture and Quiz https://canvas.pointloma.edu/courses/59708/assignments/689091	due by 11:59pm
Sat Sep 4, 2021	 Week 1 Quiz https://canvas.pointloma.edu/courses/59708/assignments/689092	due by 11:59pm
Thu Sep 9, 2021	 Partner interview forms https://canvas.pointloma.edu/courses/59708/assignments/689115	due by 11:59pm
Fri Sep 10, 2021	 Week 2 Discussion: "Bob" Case Study https://canvas.pointloma.edu/courses/59708/assignments/689096	due by 11:59pm
Sun Sep 12, 2021	 WK2 Video Lecture and Quiz https://canvas.pointloma.edu/courses/59708/assignments/689093	due by 11:59pm
Tue Sep 14, 2021	 Case Studies - old guidelines https://canvas.pointloma.edu/courses/59708/assignments/689105	due by 11:59pm
Thu Sep 16, 2021	 WK3 Video Lecture and Quiz https://canvas.pointloma.edu/courses/59708/assignments/689087	due by 11:59pm













Date	Details	Due
Tue Sep 21, 2021	 Practical #1 Health-Risk Screening 9/16 https://canvas.pointloma.edu/courses/59708/assignments/689118	due by 11:59pm
Thu Sep 23, 2021	 "Bob" & "Mary" Risk Identification Case Study https://canvas.pointloma.edu/courses/59708/assignments/714840	due by 11:59pm
Sun Sep 26, 2021	 Practicum #2 HR and BP Responses to Exercise https://canvas.pointloma.edu/courses/59708/assignments/689120	due by 11:59pm
Sun Sep 26, 2021	 Week 4 Blood Pressure Cuff Video upload https://canvas.pointloma.edu/courses/59708/assignments/689097	due by 11:59pm
Sun Sep 26, 2021	 WK4 Video Lecture and Quiz https://canvas.pointloma.edu/courses/59708/assignments/689086	due by 11:59pm
Sun Oct 3, 2021	 Discussion Board: Video Upload of Body Composition https://canvas.pointloma.edu/courses/59708/assignments/689098	due by 11:59pm
Sun Oct 3, 2021	 Estimation of Goal Body Weight - Extra credit https://canvas.pointloma.edu/courses/59708/assignments/689110	due by 11:59pm
Sun Oct 3, 2021	 Practicum #3 Body Composition Packet https://canvas.pointloma.edu/courses/59708/assignments/689123	due by 11:59pm
Fri Oct 8, 2021	 WK5 Video Lecture and Quiz https://canvas.pointloma.edu/courses/59708/assignments/689090	due by 11:59pm
Fri Oct 8, 2021	 WK 6 Video Lecture and Quiz https://canvas.pointloma.edu/courses/59708/assignments/689084	due by 11:59pm
Sun Oct 10, 2021	 Matching Quiz Chapter 5 https://canvas.pointloma.edu/courses/59708/assignments/689089	due by 11:59pm
Fri Oct 15, 2021	 Muscular Strength Demo Videos https://canvas.pointloma.edu/courses/59708/assignments/689114	due by 11:59pm







Date	Details	Due
Sun Oct 17, 2021	 Media upload for Practical #4 demonstrations (https://canvas.pointloma.edu/courses/59708/assignments/689099)	due by 11:59pm
Sun Oct 17, 2021	 WK 6 & 7 Practicum #4 Muscular Fitness (https://canvas.pointloma.edu/courses/59708/assignments/689154)	due by 11:59pm
Tue Oct 19, 2021	 WK 8 & 9: Muscle Imbalance Lower Back Pain Video (https://canvas.pointloma.edu/courses/59708/assignments/689157)	due by 11:59pm
Fri Oct 22, 2021	 WK 8 & 9 Video Demonstrations of Flexibility Assessments (https://canvas.pointloma.edu/courses/59708/assignments/689156)	due by 11:59pm
Sun Oct 24, 2021	 WK 8 & 9 Video Lecture & Quiz (https://canvas.pointloma.edu/courses/59708/assignments/689085)	due by 11:59pm
Sun Oct 31, 2021	 WK 8 & 9 Discussion Board: Practicum #5 Video upload demonstrations (https://canvas.pointloma.edu/courses/59708/assignments/689100)	due by 11:59pm
Sun Oct 31, 2021	 WK 8 & 9 Flexibility Practicum Packet #5 (https://canvas.pointloma.edu/courses/59708/assignments/689155)	due by 11:59pm
Mon Nov 1, 2021	 WK 10 & 11 Chapter 7 & 8 PowerPoint (https://canvas.pointloma.edu/courses/59708/assignments/689132)	due by 11:59pm
Wed Nov 3, 2021	 WK 10 VO2 Max Explained YouTube Video (https://canvas.pointloma.edu/courses/59708/assignments/689138)	due by 11:59pm
Thu Nov 4, 2021	 WK 10 Target Heart Rate & Estimated VO2 max homework (https://canvas.pointloma.edu/courses/59708/assignments/689136)	due by 11:59pm

Date	Details	Due
Fri Nov 5, 2021	 WK 10 VO2 Max Explained Article https://canvas.pointloma.edu/courses/59708/assignments/689137	due by 11:59pm
	 WK 10 Case Study Assignment https://canvas.pointloma.edu/courses/59708/assignments/689133	due by 11:59pm
Sat Nov 6, 2021	 WK 10 General Heart Rate Information https://canvas.pointloma.edu/courses/59708/assignments/689134	due by 11:59pm
	 WK 10 Rate of Perceived Exertion Chart https://canvas.pointloma.edu/courses/59708/assignments/689135	due by 11:59pm
	 WK 11 Queen's College 3-min Step Test Video Demonstration https://canvas.pointloma.edu/courses/59708/assignments/689140	due by 11:59pm
Tue Nov 9, 2021	 WK11 1-Mile Rockport Walk Test video demonstration https://canvas.pointloma.edu/courses/59708/assignments/689158	due by 11:59pm
	 WK11 1.5 -Mile Run/Walk Test Video Demonstration https://canvas.pointloma.edu/courses/59708/assignments/689159	due by 11:59pm
Sat Nov 13, 2021	 WK 11 - Cardiorespiratory Sub-Max Field Test - Practicum 6 Packet https://canvas.pointloma.edu/courses/59708/assignments/689139	due by 11:59pm
Sun Nov 14, 2021	 WK 10 & 11 Media Upload for Practical #6 Cardio Fitness https://canvas.pointloma.edu/courses/59708/assignments/689101	due by 11:59pm
Mon Nov 15, 2021	 WK 12 Power Point Video Lecture - Balance & Core https://canvas.pointloma.edu/courses/59708/assignments/689088	due by 11:59pm
Tue Nov 16, 2021	 Wk 12 Balance and the Elderly Video https://canvas.pointloma.edu/courses/59708/assignments/689162	due by 11:59pm

Date	Details	Due
	 Wk 12 Regular and Sharpened Romberg Balance Test Video https://canvas.pointloma.edu/courses/59708/assignments/689163	due by 11:59pm
	 Wk 12 Stork-Stand Balance Demonstration Video https://canvas.pointloma.edu/courses/59708/assignments/689164	due by 11:59pm
	 WK12 Y-Balance Test: Demonstration Video https://canvas.pointloma.edu/courses/59708/assignments/689160	due by 11:59pm
Thu Nov 18, 2021	 WK 12 Balance Exercises Video https://canvas.pointloma.edu/courses/59708/assignments/689141	due by 11:59pm
Sat Nov 20, 2021	 WK 12 Practicum #7 Balance and Core Packet https://canvas.pointloma.edu/courses/59708/assignments/689142	due by 11:59pm
Sun Nov 21, 2021	 WK 12 Practicum #6 Video Upload https://canvas.pointloma.edu/courses/59708/assignments/689102	due by 11:59pm
	 WK 13 PowerPoint Video Lecture https://canvas.pointloma.edu/courses/59708/assignments/689152	due by 11:59pm
Mon Nov 22, 2021	 WK 13 Why Assess Posture? https://canvas.pointloma.edu/courses/59708/assignments/689153	due by 11:59pm
Fri Nov 26, 2021	 WK 13 Anterior Pelvic Tilt Video https://canvas.pointloma.edu/courses/59708/assignments/689144	due by 11:59pm
	 WK 13 Anterior Postural Video https://canvas.pointloma.edu/courses/59708/assignments/689145	due by 11:59pm
	 WK 13 Kyphosis Analysis Video https://canvas.pointloma.edu/courses/59708/assignments/689147	due by 11:59pm

Date	Details	Due
	 WK 13 Lateral Postural Analysis Video https://canvas.pointloma.edu/courses/59708/assignments/689149	due by 11:59pm
	 WK 13 LBP Muscle Imbalance Video https://canvas.pointloma.edu/courses/59708/assignments/689148	due by 11:59pm
	 WK 13 Posterior Analysis Video https://canvas.pointloma.edu/courses/59708/assignments/689150	due by 11:59pm
	 WK 13 Posterior Pelvic Tilt Video https://canvas.pointloma.edu/courses/59708/assignments/689151	due by 11:59pm
Sat Nov 27, 2021	 WK 13 How to Assess Pelvic Positioning with Palpation https://canvas.pointloma.edu/courses/59708/assignments/689146	due by 11:59pm
Sun Dec 5, 2021	 WK 13 & 14 Postural Assessment Packet #8 & Anatomical Position Terms https://canvas.pointloma.edu/courses/59708/assignments/689143	due by 11:59pm
Tue Dec 7, 2021	 WK13 & 14 Practicum #8 Video Discussion Board https://canvas.pointloma.edu/courses/59708/assignments/689103	due by 11:59pm
	 article free wts vs resistance https://canvas.pointloma.edu/courses/59708/assignments/689165	
	 Case Study "Mary" https://canvas.pointloma.edu/courses/59708/assignments/689106	
	 Chapter 1 Definition Quiz https://canvas.pointloma.edu/courses/59708/assignments/711649	
	 Coronary Risk Factor Quiz https://canvas.pointloma.edu/courses/59708/assignments/714524	
	 Coronary Risk Factor Quiz https://canvas.pointloma.edu/courses/59708/assignments/689108	

Date	Details	Due
	 Definition Quiz Chapter 1 (https://canvas.pointloma.edu/courses/59708/assignments/689109)	
	 extra credit treadmill test (https://canvas.pointloma.edu/courses/59708/assignments/689166)	
	 Final Exam (https://canvas.pointloma.edu/courses/59708/assignments/689094)	
	 Final Exam (https://canvas.pointloma.edu/courses/59708/assignments/689111)	
	 Karvonen Formula (https://canvas.pointloma.edu/courses/59708/assignments/689112)	
	 Matching Quiz (https://canvas.pointloma.edu/courses/59708/assignments/689113)	
	 Pop-Quiz - Extra credit (https://canvas.pointloma.edu/courses/59708/assignments/689116)	
	 Postural Self-Analysis (https://canvas.pointloma.edu/courses/59708/assignments/689117)	
	 Practicum #1 Resting Measures Blood Pressure (https://canvas.pointloma.edu/courses/59708/assignments/689119)	
	 Practicum #2 Health-Risk Screening (https://canvas.pointloma.edu/courses/59708/assignments/689121)	
	 Practicum #3 Body Composition Measurements (https://canvas.pointloma.edu/courses/59708/assignments/689122)	
	 Practicum #4 Muscular Fitness Assessment (https://canvas.pointloma.edu/courses/59708/assignments/689124)	

Date	Details	Due
	 Practicum #4 Muscular Fitness Packet (https://canvas.pointloma.edu/courses/59708/assignments/689125)	
	 Practicum #5 Flexibility assessment (https://canvas.pointloma.edu/courses/59708/assignments/689126)	
	 Practicum #6 Aerobic Field Test submax (https://canvas.pointloma.edu/courses/59708/assignments/689127)	
	 Practicum #7 Balance (https://canvas.pointloma.edu/courses/59708/assignments/689128)	
	 Quiz - Anatomical descriptions pop-quiz (https://canvas.pointloma.edu/courses/59708/assignments/689129)	
	 TENTATIVE Schedule (https://canvas.pointloma.edu/courses/59708/assignments/689131)	