

 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Department of Kinesiology KIN2001: Fundamentals of Fitness Assessment & Development 2 units</p>
<p>Fall, 2024</p>	

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

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:

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

1. [ACSM's Health-Related Physical Fitness Assessment Manual, Fifth Edition](#)
2. [Links to an external site.](#)
3. **ISBN: 978-1-4963-3880-8** Lippincott, Williams & Wilkins (publishers)

4. ISBN: 978-1-4511-1568-0
5. **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:

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	
	B- 80-82	C- 70-72	D- 60-62	

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

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 RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) 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 in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an "F" grade.

PLNU Course Modality Definitions

- 1. Online Courses:** These are courses with class meetings where all instruction and interaction is fully online.
 - a. Synchronous Courses:** At least one class meeting takes place at a designated time.
 - b. Asynchronous Courses:** All class meetings are asynchronous.
- 2. Hybrid Courses:** These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
- 3. In-Person Courses:** These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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 you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the Office of Spiritual Life and Formation.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the *Technology and System Requirements* information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

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