



TEXAS A&M UNIVERSITY

COMMERCE

HHPK 460.01E/01L/02L FITNESS ASSESSMENT

COURSE SYLLABUS: FALL 2024

INSTRUCTOR INFORMATION

Instructor: Dr. Michael Oldham
Assistants Instructors: Chaehyun Byun and Marshall Tousant
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Office Hours: MWF 11-Noon, TTh 10-11am or by appointment

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Recommended Textbook:

American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription. 11th edition. ISBN 9781975150198.

Additional Textbook:

NSCA-National Strength and Conditioning Association. NSCA's Guide to Tests and Assessments. Available from: VitalSource Bookshelf, Human Kinetics Publishers, 2012. ISBN: 9781492577263

Required Lab Manual:

Purchase the lab manual online via the [TAMUC marketplace](#) (search for Health and Human Performance, HHPK 460L Fitness Assessment Lab Manual). Use your tamuc email address during the checkout process. Then pick up the manual during the first 2 weeks of the semester in class/lab. The manual is needed to complete the lab assignments.

Course Description

Introduction to a variety of laboratory and field tests utilized in the assessment of functional work capacity in specific areas of human performance. The course will provide

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lab-based experiences for applying theory to assessment and evaluation of human performance with an emphasis on practical application.

Prerequisites: HHPK 290 with a minimum of C. 2.5 minimum GPA required.

Student Learning Outcomes

Upon successful completion of this course, you will be able to

1. Implement pre-participation health screening procedures and determine participant's readiness to take part in a health-related physical fitness assessment and exercise program.
2. Discuss the reasons for fitness testing.
3. Select and prepare physical fitness assessments.
4. Conduct anthropometric and body composition assessments.
5. Conduct cardiorespiratory fitness assessments.
6. Conduct assessments of muscular strength, muscular endurance and flexibility.
7. Analyze data, interpret test results, and communicate results with participant.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system D2L, using computer software (e.g., Microsoft Word, PowerPoint, and Excel; Adobe Acrobat).

Instructional Methods

This is a face-to-face course with learning resources and supplemental materials posted in D2L. The course will include lecture, discussion, and practical experience through various laboratory assignments. Students are expected to be "active learners."

Student Responsibilities or Tips for Success in the Course

- Keep up with the course content and the weekly assignments.
- Practice the fitness tests on your own with friends or family members. Most tests only require basic gym equipment, a timer, ruler, and calculator.

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Module 1	Labs (1 & 2)	4%
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(18%)	Quiz (1 & 2)	4%
	Exam (1)	10%
Module 2 (20%)	Labs (3, 4, & 5)	6%
	Quiz (3 & 4)	4%
	Exam (2)	10%
Module 3 (24%)	Labs (6, 7, 8, 9, & 10)	10%
	Quiz (5 & 6)	4%
	Exam (3)	10%
	Participation	18%
	Final Exam Written & Practical	20%
	Total	100%

Assessments

Exams

There will be three (3) exams throughout the semester. Exams will cover lectures/labs, class activities, and the textbook.

Quizzes

There will be six (6) scheduled quizzes, taking place during the first 10 minutes of class time. Quizzes may cover material from previous lectures/labs, class activities, and the textbook.

Engagement/Participation

To engage students with the class material, tasks will be assigned throughout the semester. These tasks may include case studies, quizzes, questionnaires, surveys, discussions, exit tickets, etc. to be completed either in class or online. It's the participation in and completion of these tasks, rather than "right/wrong" answers that counts towards this grade.

Laboratory

The lab sessions provide hands-on learning experiences to strengthen the information learned during lectures. Participation in the lab session is required.

Prelabs and Lab Reports

There will be ten (10) labs, each with a prelab and lab report assignment. The prelab explains lab procedures and may offer supplemental video instruction to

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introduce the lab topic for the week. Prelabs are due BEFORE the respective lab session. In the subsequent lab report, you will present and discuss the results obtained from lab session. You are responsible for recording the results of demonstrations during lab.

Extra Credit

There MAY be extra credit opportunities provided throughout the semester. Extra credit is capped at 4% of the total grade. There will be NO individual extra extra credit at the end of the semester.

ASSUMPTION OF RISK FOR PARTICIPATING IN PHYSICAL ACTIVITY CLASS

Participating in any physical activity class may pose a physical risk. "By continuing participation in the course, the student waives any claim resulting from participation in the above mentioned course. The participating student agrees to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, Texas A&M University-Commerce, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of the student's participation in the course." If you have any questions about this statement, please ask the instructor.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements.

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary

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use of a computer at a friend's home, the local library, office service companies, a coffee shop, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your instructors. The best way to reach us is via email. In most cases, we will reply within 2 business days.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

Counseling Center

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

- Lecture presentations and supplemental lecture and lab materials, as well as the gradebook will be made available on D2L.
- See syllabus for due dates on all assignments. Late assignments will not be accepted, unless you have made prior arrangements with the instructor(s).

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Lecture Specific Procedures/Policies

- Regular attendance of lectures is highly advised. Powerpoint slides and supplemental videos will be made available via D2L as well. You are responsible for obtaining information that was covered in class from your classmates in case you cannot attend.
- All quizzes and exams will be taken in person in class. Make-up quizzes or exams may be granted only if you inform me IN ADVANCE.

Lab Specific Procedures/Policies

- Lab attendance is mandatory in order to receive credit for the lab report. If you are unable to attend your designated lab meeting time, email the lab instructor in advance so that arrangements may be made for you to attend the other lab session.
- Pre-labs are due by 3:29 pm on your scheduled lab day; i.e., if you are in Tuesday's lab, the pre-lab is due on Tuesday, if you are in Thursday's lab, the pre-lab is due on Thursday.
- All lab reports are due by 11:59 pm on the Sunday following each particular lab.
- Late assignments are capped at a maximum of 70%. Assignments more than 3 days late will receive a zero.
- During the semester, we will be in the Human Performance Laboratory. You must show respect for the all equipment found in the lab. Failure to follow this rule will result in removal from the lab for the duration of the semester.
- Wear proper attire for exercise. Most class times, you will perform different types of exercises. You must dress appropriately for exercise each day; unsafe or indecent attire will not be tolerated and will result in dismissal from class and no credit will be given for the lab report.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in class/via D2L/email.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).
<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>
<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

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Academic Integrity

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf)
<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who

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have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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COURSE OUTLINE / CALENDAR

Module	Dates	Lecture Topics	Assessments	Lab Topics
1	8/27	Intro and Syllabus		
	8/29	Measurements at rest		
	9/3	Measurements at rest		1) Height/Weight, HR, BP
	9/5	Measurements at rest	Quiz 1	1) Height/Weight, HR, BP
	9/10	Body Composition		2) Skinfolds, BIA, Circumferences
	9/12	Body Composition	Quiz 2	2) Skinfolds, BIA, Circumferences
	9/17		Exam 1	3) Step test, Cooper 1.5 mile
2	9/19	Cardiopulmonary Fitness		3) Step test, Cooper 1.5 mile
	9/24	Cardiopulmonary Fitness		4) Balke & Ebbeling Treadmill tests
	9/26	Cardiopulmonary Fitness	Quiz 3	4) Balke & Ebbeling Treadmill tests
	10/1	Cardiopulmonary Fitness		5) Astrand & YMCA Cycle tests
	10/3	Cardiopulmonary Fitness		5) Astrand & YMCA Cycle tests
	10/8	Cardiopulmonary Fitness	Quiz 4	
	10/10		Exam 2	
3	10/15	Muscular Fitness - Strength		6) Handgrip & 1RM upper body
	10/17	Muscular Fitness - Strength		6) Handgrip & 1RM upper body
	10/22	Muscular Fitness - Strength		7) 1RM lower body
	10/24	Muscular Fitness - Strength		7) 1RM lower body
	10/29	Muscular Fitness – Endurance & Power	Quiz 5	8) Push ups, Vert, SLJ, OH throw
	10/31	Muscular Fitness – Endurance & Power		8) Push ups, Vert, SLJ, OH throw
	11/5	Agility & Anaerobic Capacity		9) T test & 300 yard shuttle
	11/7	Agility & Anaerobic Capacity		9) T test & 300 yard shuttle
	11/12	Dynamic & Static Balance	Quiz 6	10) YBT & BESS
	11/14	Dynamic & Static Balance		10) YBT & BESS
	11/19		Exam 3	
	11/21	Case study - TBA		Practice for practical
	11/26	Case study - TBA		Practice for practical
	11/28	Thanksgiving – no class		
	12/3	Review for Final Exam		Practical Exam
12/5		Final Exam	Practical Exam	

- Pre-labs and post-labs are due by 3:29 pm on your scheduled lab day.

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