



HHPK 460 – Fitness Assessment COURSE SYLLABUS: FALL 2026

INSTRUCTOR INFORMATION

Instructor: Dr. Choongsung Yoo
Office Location: NHS 138
Email Address: choongsung.yoo@etamu.edu
Office Hours: Monday and Wednesday 10-11 am, or by appointment

Course Meeting Information

Meets 8/20/2026 through 12/11/2026

Lecture: Tuesday, Thursday | 11:00 AM – 12:15 PM | NHS 160B

Laboratory Sections:

01L: Tuesday | 3:30 PM – 4:45 PM | NHS 165

02L: Thursday | 3:30 PM – 4:45 PM | NHS 165

Students should attend the laboratory section in which they are officially enrolled.

Course Information

- Required: NSCA's Guide to Tests and Assessments. Available from: VitalSource Bookshelf, Human Kinetics Publishers. ISBN: 9781492582786 – INCLUSIVE ACCESS
- Additional Textbook: ACSM's Guidelines for Exercise Testing and Prescription. 12th edition. ISBN: 9781975219208. (not required)
- Required Lab Manual: Purchase the lab manual from the Bookstore – You will need this manual WEEK 1.

Course Description

This course introduces a variety of laboratory and field-based fitness assessments used to evaluate health- and performance-related components of physical fitness. Students will develop knowledge and practical skills in test selection, administration, data collection, analysis, and interpretation of assessment results. Emphasis is placed on evidence-based assessment procedures, professional application, and effective communication of fitness assessment outcomes.

Prerequisites: HHPK 290 with a minimum grade of C. A minimum cumulative GPA of 2.5 is required.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Explain the principles and purposes of health- and performance-related fitness assessment.
2. Implement appropriate pre-participation health screening procedures and determine an individual's readiness for fitness testing.
3. Select and administer appropriate laboratory and field-based fitness assessments using standardized procedures.
4. Conduct assessments of body composition, cardiovascular fitness, muscular strength, muscular endurance, power, speed, agility, mobility, and balance.
5. Analyze and interpret fitness assessment data using evidence-based guidelines.
6. Communicate assessment results and recommendations in a clear and professional manner.
7. Evaluate the strengths, limitations, and practical applications of commonly used fitness assessment techniques.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Students are expected to demonstrate proficiency with the following technologies:

- Accessing and navigating the D2L Learning Management System.
- Creating and submitting assignments using Microsoft Word, PowerPoint, and Excel.
- Accessing and reviewing course materials in Adobe Acrobat PDF format.
- Performing basic data entry, calculations, and interpretation using spreadsheets or other course-related software.
- Participating in electronic communication through university email and D2L.

Instructional Methods

This is a face-to-face course with learning resources and supplemental materials posted in D2L. The course will include lectures, laboratory sessions, discussions, case analyses, and applied assignments. Students are expected to be active learners.

Student Responsibilities

- Keep up with course content and weekly assignments.
- Actively participate in laboratory sessions, discussions, and program design activities.
- Apply course concepts to practical scenarios and case studies.
- Complete assigned readings prior to class when applicable.

Grading Scale

A = 90–100%

B = 80–89%

C = 70–79%

D = 60–69%

F = 59% or below

Assessment	Percentage
Laboratory Assignments	20%
Integrated Case Analysis #1	5%
Integrated Case Analysis #2	5%
Integrated Case Analysis #3	5%
Professional Application Reflection	15%
Exam 1	10%
Exam 2	10%
Exam 3	10%
Final Practical Examination	20%
Total	100%

Assessments

Exams

There will be three major written examinations.

Exam 1 will cover Chapters 1–4.

Exam 2 will cover Chapters 5–6.

Exam 3 will cover Chapters 7–12.

Examinations may include material from lectures, assigned readings, laboratory activities, online learning activities, case analyses, and class discussions.

Assignments

Students will complete three online Integrated Case Analyses throughout the semester.

These assignments are designed to reinforce lecture content by requiring students to apply fitness assessment concepts to realistic client scenarios.

- Integrated Case Analysis #1: Application of concepts from Chapters 1–4, including pre-participation screening, body composition, heart rate, blood pressure, and metabolic rate assessment.
- Integrated Case Analysis #2: Application of concepts from Chapters 5–6, including aerobic fitness testing, cardiorespiratory assessment, and lactate threshold interpretation.
- Integrated Case Analysis #3: Application of concepts from Chapters 7–12, including muscular strength, muscular endurance, power, speed, agility, mobility, and balance assessment.

Students will be expected to select appropriate assessments, interpret testing results, justify their decisions using evidence-based principles, and provide professional recommendations.

Detailed instructions, grading criteria, and submission deadlines will be provided through D2L.

Professional Application Reflection

Students will complete one Professional Application Reflection during the semester.

Students will select one realistic client scenario and design an appropriate fitness assessment battery using concepts and assessments covered in HHPK 460. Students will identify and prioritize selected assessments, justify why each assessment is appropriate for the client, and explain how the results could influence professional recommendations or decision-making.

The assignment will also require students to incorporate relevant laboratory experiences and evaluate assessment options that were considered but not selected.

The reflection should demonstrate the student's ability to integrate course concepts, practical experience, and evidence-based reasoning into professional fitness assessment decisions.

Detailed instructions and grading criteria will be provided through D2L.

Laboratory Sessions

Laboratory sessions provide hands-on experience with the fitness assessments introduced during lecture. Students will practice standardized test administration, data collection, calculation, and interpretation under the supervision of the laboratory instructor.

Each laboratory may include a Pre-Lab assignment, participation/data collection, and a Post-Lab assignment using the HHPK 460 Laboratory Manual. Pre-Lab assignments are intended to prepare students for the procedures performed during the laboratory session, while Post-Lab assignments emphasize calculation, interpretation, and professional application of the collected data.

Final Practical Exam

The Final Practical Examination will evaluate students' ability to apply fitness assessment skills in a realistic client-based setting.

Students will be presented with a client scenario and select an appropriate assessment practiced during HHPK 460 laboratory sessions. Students will be expected to explain the purpose and relevance of the selected assessment, demonstrate proper setup and standardized test administration, collect or record appropriate data, and interpret and communicate the results clearly and professionally.

The examination will emphasize practical competency, safety, professional communication, and the application of laboratory skills to real-world fitness assessment situations.

Detailed instructions, timing procedures, client scenarios, and grading criteria will be provided through D2L prior to the examination.

Engagement/Participation

Throughout the semester, students will complete learning activities designed to reinforce course concepts and prepare them for examinations and laboratory assessments. Activities may be completed in class or online via D2L and may include discussions, data-interpretation exercises, case analyses, reflections, and other applied learning activities.

Major engagement activities include:

- Integrated Case Analysis #1 (Online)
- Integrated Case Analysis #2 (Online)
- Integrated Case Analysis #3 (Online)
- Professional Application Reflection (Online)

Additional in-class or online participation activities may be assigned throughout the semester.

Engagement activities will generally be evaluated based on completion, preparation, application of course concepts, and quality of participation rather than solely on correct or incorrect responses. Specific instructions and grading criteria will be provided through D2L.

Extra Credit

There may be extra credit opportunities during the semester. Extra credit is capped at 4% of the total course grade. No individual extra credit opportunities will be provided at the end of the semester.

Tentative Course Schedule

Week	Date	Day	Topic	Assessment
1	Aug 20	Thu	Course Introduction & Syllabus Review	
2	Aug 25	Tue	Ch. 1 Tests, Data Analysis, and Conclusions (Part 1)	
2	Aug 27	Thu	Ch. 1 Tests, Data Analysis, and Conclusions (Part 2)	
3	Sep 1	Tue	Ch. 2 Body Composition (Part 1): Concepts and Methods	
3	Sep 3	Thu	Ch. 2 Body Composition (Part 2): Interpretation and Application	
4	Sep 8	Tue	Ch. 3 Heart Rate and Blood Pressure	
4	Sep 10	Thu	Ch. 4 Metabolic Rate	
5	Sep 15	Tue	Integrated Case Analysis #1 (Online): Chapters 1–4	Due Sept. 17
5	Sep 17	Thu	EXAM 1	Chapters 1–4
6	Sep 22	Tue	Ch. 5 Aerobic Power (Part 1): Physiological Foundations and Maximal Testing	
6	Sep 24	Thu	Ch. 5 Aerobic Power (Part 2): Submaximal Exercise Testing	
7	Sep 29	Tue	Ch. 5 Aerobic Power (Part 3): Field Tests and Interpretation	
7	Oct 1	Thu	Ch. 5 Aerobic Power (Part 4): Test Selection, Data Analysis, and Professional Applications	
8	Oct 6	Tue	Ch. 6 Lactate Threshold (Part 1): Physiological Concepts and Testing Procedures	
8	Oct 8	Thu	Ch. 6 Lactate Threshold (Part 2): Threshold Determination and Professional Applications	
9	Oct 13	Tue	Integrated Case Analysis #2 (Online): Chapters 5–6	Due Oct. 15

Week	Date	Day	Topic	Assessment
9	Oct 15	Thu	EXAM 2	Chapters 5–6
10	Oct 20	Tue	Ch. 7 Muscular Strength (Part 1): Assessment Principles	
10	Oct 22	Thu	Ch. 7 Muscular Strength (Part 2): Data Interpretation and Applications	
11	Oct 27	Tue	Ch. 8 Muscular Endurance	
11	Oct 29	Thu	Ch. 9 Power	
12	Nov 3	Tue	Ch. 10 Speed Assessment	
12	Nov 5	Thu	Ch. 10 Agility and Change-of-Direction Assessment	
13	Nov 10	Tue	Ch. 11 Mobility	
13	Nov 12	Thu	Ch. 12 Balance and Stability	
14	Nov 17	Tue	Integrated Case Analysis #3 (Online): Chapters 7–12	Due Nov. 19
14	Nov 19	Thu	EXAM 3	Chapters 7–12
15	Nov 24	Tue	Final Application Assignment Overview & Practical Preparation (Online)	Online activity due 11/24 11:59
15	Nov 26	Thu	Thanksgiving Holiday	No Class
16	Dec 1	Tue	Final Practical Examination – Day 1	
16	Dec 3	Thu	Final Practical Examination – Day 2	
Finals	Dec 11	Fri	Professional Application Reflection due	

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (D2L Brightspace). Course

materials, grades, announcements, and assignment submissions will be managed through D2L.

LMS Requirements:

<https://community.d2l.com/brightspace/kb/articles/1477-browser-support>

Browser Support:

<https://community.d2l.com/brightspace/kb/articles/1779-browser-support>

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.

Personal computer and internet connection problems do not excuse the requirement to complete coursework in a timely manner. Students should maintain a backup plan for accessing course materials and completing assignments.

COMMUNICATION AND SUPPORT

Communication

The preferred method of communication is university email.

Students can expect responses within approximately 48 business hours. Questions regarding assignments, course expectations, and scheduling should be directed to the instructor through university email.

Technical Support

If you are experiencing technical difficulties with D2L Brightspace, contact Brightspace Support:

Phone: 1-877-325-7778

Support Website:

<https://community.d2l.com/brightspace/kb/categories/123-support>

Counseling Center

The Counseling Center at East Texas A&M University provides counseling services, educational programming, and referrals to community resources.

Location: Halladay Building, Room 203

Phone: 903-886-5145

Website:

<https://www.tamuc.edu/counseling-center/>

Students have access to crisis support services 24 hours a day, 7 days a week.

COURSE POLICIES

Course Procedures

- Course materials, announcements, grades, and assignment submissions will be managed through D2L.
- Students are responsible for regularly monitoring D2L and university email.

- Assignments (laboratory assignments, integrated case analyses, the professional application reflection, and other assignments) are due on the dates listed in the course schedule.
- Late assignments will not be accepted unless prior arrangements have been approved by the instructor.
- Written and practical examinations will be administered in person during scheduled class periods.

Attendance

Regular attendance is strongly encouraged and contributes to student success. Students are responsible for obtaining information and materials missed due to absences. University attendance policies apply.

ACADEMIC INTEGRITY AND ARTIFICIAL INTELLIGENCE

Students are expected to maintain the highest standards of academic honesty and integrity.

The use of Artificial Intelligence tools (e.g., ChatGPT, Gemini, Claude, Copilot, etc.) is permitted only when explicitly authorized by the instructor.

Any use of AI-assisted tools must be appropriately disclosed and documented.

Undocumented use of AI-generated content may constitute academic dishonesty.

Regardless of AI use, students remain fully responsible for the accuracy, originality, and integrity of all submitted work.

For additional information, refer to East Texas A&M University Academic Integrity policies.

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.

Students requiring accommodations should contact:

Office of Student Disability Resources and Services

Gee Library, Room 162

Phone: 903-886-5150

Email: studentdisabilityservices@tamuc.edu

Website:

<https://www.tamuc.edu/student-disability-resources-services/>

NONDISCRIMINATION STATEMENT

East Texas A&M University complies with all applicable federal and state laws prohibiting discrimination on the basis of race, color, religion, sex, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.

CAMPUS CONCEALED CARRY STATEMENT

Texas Senate Bill 11 authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a valid Texas License to Carry.

Pursuant to applicable state law and university regulations, license holders may not carry concealed handguns in designated restricted areas.

The open carrying of handguns is prohibited on all East Texas A&M University campuses.

Report violations to University Police at 903-886-5868 or call 911 in emergencies.

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, through D2L, or by university email.

Suggested Websites for Fitness Professionals

A variety of websites are available for fitness professionals. These sites are often updated or removed. The following sites are some of the most commonly used in the area of health and fitness. Organizations sponsoring these sites provide materials, handouts, and information that can be useful when counseling clients in a health and fitness setting.

Centers for Disease Control and Prevention: www.cdc.gov

American College of Sports Medicine: www.acsm.org

National Strength and Conditioning Association: www.nasca.com

American Congress of Obstetricians and Gynecologists: www.acog.org

American Diabetes Association: www.diabetes.org

National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov

Joslin Diabetes Center: www.joslin.org

American Heart Association: www.heart.org/heartorg

American Lung Association: www.lung.org

American Dietetic Association: www.eatright.org

United States Department of Agriculture MyPlate: www.myplate.gov/

National Institutes of Health: www.nih.gov

Healthy People 2030: <https://health.gov/healthypeople>

National Weight Control Registry: www.nwcr.ws

Physical Activity Guidelines and Dietary Guidelines for Americans:
<https://health.gov/our-work/nutrition-physical-activity>

Exercise is Medicine: www.exerciseismedicine.org

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.

