

# MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

## Course Outline

**Course Title:** Exercise and Fitness Assessments      **Submitted By:** Tom Stackpool  
**Semester Course Prefix and Number:** PHED 2417      **Approval Date:** November 2005  
**Old Quarter Course Prefix and Number:** None      **Revision Date:**  
**Number of Credits:** 3      **Number of Lecture Credits:** 3  
**Semester(s) Offered:**      **Number of Lab Credits:**      **Number of Lab Hours:** 0  
**Class Size:** 30      **Number of Studio/Demonstration/Internship Credits:**  
**Negotiated by AASC on**  
**(Date)\_\_\_**

---

### **Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

### **Catalog Description:**

This course is designed to acquaint the student with the creation, evaluation, and interpretation of tests and measurements used in the fields of physical education and exercise science settings. Basic statistical analysis will be discussed.

### **Prerequisites and/or recommended entry skills/knowledge:**

**Course Prerequisite(s):** PHED 2415 Intro to Exercise Science  
MATH 1521 College Algebra or MATH 1545 Finite Math  
**Reading Prerequisite:** None  
**Composition Prerequisite:** None  
**Mathematics Prerequisite:** None

### **Career Programs and Transfer Majors Accessing this Course:**

Exercise Science Major/Minor, Physical Education major, Coaching certification, Fitness Center Management, Corporate Fitness Director, Personal Trainer, Exercise Program Director, Exercise Specialist, Health Club Manager, Health/Fitness Instructor, Fitness Program Coordinator

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- |  |  |
|--|--|
| 0. <input checked="" type="checkbox"/> None                                | 6. <input type="checkbox"/> The Humanities and Fine Arts     |
| 1. <input type="checkbox"/> Communications                                 | 7. <input type="checkbox"/> Human Diversity                  |
| 2. <input type="checkbox"/> Critical Thinking                              | 8. <input type="checkbox"/> Global Perspectives              |
| 3. <input type="checkbox"/> Natural Sciences                               | 9. <input type="checkbox"/> Ethical and Civic Responsibility |
| 4. <input type="checkbox"/> Mathematical/Logical Reasoning                 | 10. <input type="checkbox"/> People and the Environment      |
| 5. <input type="checkbox"/> History and the Social and Behavioral Sciences |  |

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

1. Understand the role of evaluation in the teaching, coaching or assessment process.
2. Develop and write measurable program objectives.
3. Integrate personal computers into the evaluation and measurement process.
4. Demonstrate a broad knowledge base of measurement and evaluation
5. Develop the ability to analyze and evaluate data from specific testing
6. Develop the ability to select appropriate tests for application.
7. Select, evaluate, and administer tests appropriate for measuring in physical education and sport science settings.
8. Apply basic statistical analysis to test and measurement results and evaluate findings
9. Demonstrate sound decisions when choosing fitness tests for children and adults.
10. Demonstrate knowledge to assess body composition involving BMI, skinfolds, hydrostatic weighing, and bioelectrical impedance methods and equipment.
11. Demonstrate knowledge and skills about muscular strength and endurance testing.
12. Develop exercise prescription for high risk, healthy, and athletic populations.

**Student assessment methods:**

1. Exams & Quizzes
2. Written assignments
3. Student-conducted testing project/presentation/paper
4. Demonstration of various fitness, performance, and skill tests

**Outline of the major course content:**

1. Introduction to basic elements of evaluation in physical education, fitness and sport science.
2. Basic elements of statistics
3. Using technology in measurement and evaluation.
4. Descriptive statistics and the normal distribution.
5. Reliability, validity and grading.
6. Measurement & Evaluation of Psychomotor skills.
7. Measurement & Evaluation of Cognitive & Affective tests.
8. Physical fitness assessments in adults and youth.
9. Assessment of sport skills.
10. Psychological measurements in sport and exercise.

**Additional special information** (special fees, directives on hazardous materials, etc.)

Suggested Textbook: Measurement and Evaluation in Human Performance. Morrow, Jackson, Disch & Mood. Human Kinetics.

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

Bemidji State University – **Exercise Science Major/Minor**

Pending: Minnesota State Moorhead – **Exercise Science Major**

Pending: St. Cloud State University - **Physical Education and Sport Science Major**

Pending: UM Duluth – **Exercise Science Major**

Pending: UW Superior – **Human Performance Major**

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office

Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist

Revised February 10, 2004