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
Semester(s) Offered: Class Size: 30
Number of Lecture Credits: 3
Number of Lab Credits: 0
Number of Lab Hours: 0
Number of Studio/Demonstration/Internship Credits: 0

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)
_____ X 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. X None
1. _____ Communications
2. _____ Critical Thinking
3. _____ Natural Sciences
4. _____ Mathematical/Logical Reasoning
5. _____ History and the Social and Behavioral Sciences
6. _____ The Humanities and Fine Arts
7. _____ Human Diversity
8. _____ Global Perspectives
9. _____ Ethical and Civic Responsibility
10. _____ People and the Environment
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.
8. Physical fitness assessments in adults and youth.
9. Assessment of sport skills.

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


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

Bemidji State University – Exercise Science Major/Minor
Pending: St. Cloud State University - Physical Education and Sport Science Major
Pending: UM Duluth – Exercise Science Major
Pending: UW Superior – Human Performance Major

Approvals:

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<th>Body</th>
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Distribution: Original – Administrative Office
Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist
Revised February 10, 2004