
Calumet College



of Saint Joseph

You Belong!
ccsj.edu

Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.

We are committed to the Five Pillars of a CCSJ Education: The CCSJ graduate will be Open to Growth, Intellectually Competent, Religious, Loving, and Committed to Doing Justice. This class, as outlined below, will help you to achieve those goals.

COURSE SYLLABUS, Fall 2020

EXSS 415A Fitness Assessment

Instructor Information:

Instructor Name:	Audra Kielbowicz (Coach K)
Office Number:	Adjunct Office Rm 331
Phone Number:	Cell: 630-649-9010
Email:	akielbowicz@ccsj.edu
Office Hours	By appointment only via Zoom or phone Monday's and Wednesday's 10:30a to 12:00p. Please email or text to set up appointment.

Instructor Background:

As an athlete in high school and college, Audra has always had a passion for the sports and fitness industry. It led her to earn a B.S. in Exercise Science from Concordia University, St. Paul and an M.S. in Human Performance from Robert Morris University Chicago. Audra is a Certified Personal Trainer (CPT) through the National Personal Training Institute and a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. Audra has also been a girl's lacrosse coach, volleyball coach and sports performance coach since 2009.

Course Information

Course Delivery Method:	Hybrid. This class will meet as a full class in-person on a limited amount of class times on the schedule set forth in the "Course Schedule" section of this syllabus. Additional instructional content will be delivered in online lessons (live zoom lectures/labs, recorded lectures/labs, written lectures/labs, etc.). Each week, a new set of lessons and assessments will become available on Blackboard for students to complete. Instructor will also communicate through regular announcements, responsive feedback on assignments, and via virtual office hours.	
Course Time:	Lecture/Labs: Online and Occasional synchronous meetings to occur during normal class time: M/W 12:00p to 1:30p. In class meeting days will be denoted in syllabus.	Lab: Online and Occasional synchronous meetings to occur during normal class time: M/W 12:00p to 1:30p. In class meeting days will be denoted in syllabus
Classroom:	Via Zoom and some in class meetings	Room
Prerequisites:	C or better in EXSS 200	

Learning Outcomes/Competencies:

1. Define basic terminology associated with testing
2. Present basic statistical methods for evaluating test results
3. Describe types of graphs for presenting data
4. Describe the American College of Sports Medicine (ACSM) Preparticipation health screening method
5. Explain the classic risk stratifications and guidelines for physician involvement in the testing process
6. Describe and conduct the six most common variants of the sit-and-reach test
7. Understand the concept of systemic blood pressure fluctuations during the cardiac cycle
8. Examine BP responses to changes in body position and aerobic and isometric exercise
9. Understand the indirect calorimetry measurement of energy metabolism
10. Discuss biochemical concepts related to O₂ deficit and EPOC
11. Learn the skills needed for administering three types of submaximal exercise tests
12. Estimate VO_{2max} by the measure of HR response to submaximal exercise
13. Explain how to perform several field assessments for aerobic power
14. Become familiar with methods for evaluating high-intensity running performance
15. Understand the concept of maximal oxygen consumption as a fitness assessment and describe factors that affect VO_{2max}
16. Become familiar with various methods of evaluating muscular strength and endurance
17. Competently perform BMI, circumference, and skinfold measurements
18. Describe the advantages and disadvantages of various techniques for measuring body composition

This course meets the following Kinesiology Program Objectives:

1. Describe the underlying scientific foundations of physical activity.
2. Evaluate information about physical activity from scientific basis.
3. Describe the relationship between physical activity participation and health, wellness, and quality of life.
4. Demonstrate knowledge of current physical activity guidelines and recommendations.
5. Design and evaluate physical activity programs that promote health and improve quality of life.

Course Description:

This course is designed to give the student a foundation in the process of assessment (tests and measurement). The course includes the development of objectives, outcomes, test construction, use of formative and summative evaluation, norm and criterion referenced measures, statistics and the use of other evaluative materials specific to health and exercise.

Learning Strategies:

- PowerPoint Lectures
- In-class labs
- On-line web study guide
- Additional, virtual lab experience to supplement In-class lab instruction

Experiential Learning Opportunities:

Laboratory experience is essential for a fundamental understanding of Fitness Assessments. This course is a laboratory course that provides students with experiential learning through hands-on instruction, data interpretation, and communication of results through laboratory reports.

Assessments:

Major Assignments:	Fitness Assessment Labs (In-class)	30% of Total Grade
---------------------------	------------------------------------	--------------------

Assessments:	4 In-Class Exams	55% of Total Grade
Class Participation:	During each In-Class Laboratory	15% of Total Grade
Grading Scale:		
100 – 92: A	91 – 90: A-	
89 – 88: B+	87 – 82: B	81 – 80: B-
79 – 78 : C+	77 – 72: C	71 – 70 : C-
69 – 68: D+	67 – 62: D	61 – 60: D-
59 and below: F		

Course Schedule		
Class Date	Lecture/Class Discussion/Activities	LO's
Aug 24	Zoom Class Lecture at 12:00p: Welcome, Course Introduction and Primary Data Collection	1-3
26	Zoom Class Lab at 12:00p: Laboratory Activity 1.1: Basic Data	
Aug 31	Zoom Class Lab at 12:00p: Laboratory Activity 1.2: Statistical Procedures	1-3
Sept 2	Zoom Class Lab at 12:00p: Laboratory Activity 1.3: Tables & Graphs	4-5
Labor Day NO CLASS, September 7, 2020		
9	Zoom Class Lecture at 12:00p: Pretest Screening	4-5
14	In Class Lab Day at 12:00p: Lab Activity 2.1: Basic Screening Procedures Lab Activity 2.2: Pretest Results	
16	In Class EXAM 1: Primary Data Collection & Pretest Screening	
21	Zoom Class Lecture at 12:00p: Body Composition Assessments	1-3, 17-18
23	In Class Lab Day at 12:00p: Lab Activity 15.1: BMI & Circumference Data	
30	In Class Lab Day at 12:00p: Lab Activity 15.2: Techniques for Measuring Skinfold Thickness	
28	Zoom Class Lecture at 12:00p: Blood Pressure Measurements	1-3,
30	In Class Lab Day at 12:00p: Lab Activity 4.1-4.3: Various effects on BP	7-8
Oct 5	Zoom Class Lecture at 12:00p: Resting Metabolic Rate Determinations	1-3, 9
7	Zoom Class Lab Day at 12:00p: Activity 5.1: Predicting RMR	
12	Zoom Exam Review at 12:00p	
14	In Class EXAM 2: Body Composition, Blood Pressure & Resting Metabolic Rate	
Late work from Aug 24 to Oct 7 will not be accepted after October 19, 2020		
19	Zoom Class Lecture at 12:00p: Submaximal Exercise Testing	1-3,
21	Zoom Class Lecture at 12:00p: Aerobic Power Field Assessments	11-13
26	In Class Lab Day at 12:00p: Lab Activity 7.1: Submaximal Bench Step Test	1-3,
28	In Class Lab Day at 12:00p: Lab Activity 7.2: Submaximal Treadmill Test	11-13
Nov 2	In Class Lab Day at 12:00p: Lab Activity 8.1: Cooper 1.5-Mile	1-3, 13-15
4	In Class Lab Day at 12:00p: Lab Activity 8.1: 12-minute Run/Walk Test	
9	In Class Lab Day at 12:00p: Lab Activity 8.2: Rockport Fitness Walking Test	
11	In Class EXAM 3: Submaximal & Field Aerobic Assessments	
16	Zoom Class Lecture at 12:00p: Musculoskeletal Fitness Measurements	1-3,
18	Zoom Class Lecture at 12:00p: Flexibility Testing	13-15
Thanksgiving Break, November 22 to 28, 2020		
30	In Class Lab Day at 12:00p: Lab Activity 12.1-12.4: Maximal Strength & UB Muscular Endurance	1-3, 16
Dec 2	In Class Lab Day at 12:00p: Lab Activity 3.1, 3.2 & 3.4: Flexibility Testing	
7	Zoom Wrap-Up Catch-Up at 12:00p	
9	In Class EXAM 4: Fitness Tests and Measurements & Flexibility Testing	
Late work from Oct 12 to Dec 9 will not be accepted after December 13, 2020		

Student Responsibilities	
Safety Measures	<p>The safety of our College Family in this unprecedented time is our primary concern. Following guidelines presented by the Centers of Disease Control (CDC), the Indiana Health Department, and best practices among other institutions of higher education, we are requiring the following:</p> <ul style="list-style-type: none"> • Face coverings over the mouth and nose in all indoor public spaces, including classrooms, the library, the Tutoring Center, and faculty offices. • Because face coverings are in use, no eating or drinking in the classroom. Plan to meet your needs between classes using appropriate social distancing. • Daily self-monitoring. If you have a temperature of 100.4 or higher, or any symptoms of COVID-19 – fever or chills, a cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, or nausea or vomiting – stay home and consult the class policy for staying on track. • Disinfecting your personal space using the materials provided when you enter the classroom. • Maintaining physical distancing of at least six feet within classrooms and other common spaces. <p>Please note: To accommodate students who may not be able to attend class in person, this class may be taped and posted to the course Blackboard site. Tapes will not be used for any other purpose outside of class.</p>
What to Do in Case of Illness	<p>If you are exposed to COVID 19, become ill, or are otherwise unable to attend classes as required, notify the College by sending an email to illness@ccsj.edu. The message that you are unable to attend class will be relayed to your faculty. The College will contact you with expectations regarding next steps and follow-up.</p>
Attending Class	<p>You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. In all things, communication is KEY. All planned and unplanned absences must be communicated to your instructor via email with a brief explanation.</p> <p>Online courses: The expectations for attendance are for the students to actively learn through weekly participation in online activities and to communicate consistently with instructors and peers. Students are required to check their CCSJ email daily and Blackboard a minimum of twice per week. In addition, students are required to complete a minimum of 50% of the course work that is assigned for that week. Attendance will be recorded on Monday for the previous week.</p> <p>Hybrid courses: For all in-person class sessions, your physical presence and active participation in class is required. For the online portion of class, refer to the attendance policy for Online courses above.</p> <p>Zoom class sessions: If Zoom class sessions have been scheduled for this course, students should prepare to have both video and audio activated during each session. This means you should be visibly present and actively engaged during the session, not just audibly present with a picture or name as your screen. All zoom class sessions will occur at your</p>

	<p>class's originally scheduled day and time. For example, if your class was to meet on M/W from 12p to 1:30p, the zoom class session will meet at some point during this time. Scheduled Zoom class session dates and times can be found in the "Course Schedule" section of this syllabus.</p> <p>Attendance and Your Grade. Missing class will have a negative effect on your final grade. You are allowed no more than 3 absences with no change in your grade, so long as each absence is properly communicated <i>ahead of time</i>. Additional absences will drop your final grade by 0.3 grade points.</p> <p>Example:</p> <ul style="list-style-type: none"> • Final grade in class: A GPA: 4.0 • Final attendance record: 4 total absences for the semester • Adjusted Final grade in class: A- GPA: 3.7 <p>Absence due to college events. We do not want to penalize students for participating in college-sponsored events. When you miss class because of a college event, you must give notice of your absence in advance and you are responsible for all missed work.</p>
<p>Turning In Your Work</p>	<p>You cannot succeed in this class if you do not turn in all your work when due.</p> <p>Missing Assignments 15% will be deducted from all assignments turned in after the posted due date. The highest grade you will be able to earn on late work will be 85%. No late work will be accepted after the dates posted on the syllabus. See syllabus for dates to plan-ahead.</p> <p>Missing Exams All exams are required to complete this course. You must take all exams for a low score to be dropped (if applicable). If you are absent on exam day, you must email the instructor by the end of the week to schedule your make-up exam. 15% will be deducted from all make-up exams. The highest grade you will be able to earn on make-up exams will be 85%.</p>
<p>Meeting Standards for Classroom Behavior</p>	<ul style="list-style-type: none"> • Use all the class time. Come to class on time and stay in class until the end. Coming late, leaving early, and getting up during class disrupts the class and disrespects others. • Come prepared. Bring your texts, be prepared to take notes, and be able to demonstrate that you have completed the assignments for the day through your participation in class. • Respect others. Listen when your classmates and the instructor are speaking. Think about their contributions. Respond appropriately. • Use electronic devices only for class purposes. Engage with your classmates and the instructor without technological distractions. Headphones and cellphones should remain in your bags during class time. Students who appear to be constantly distracted by their electronic devices will be marked absent. (See attendance policy for information on attendance and your grade.)
<p>CCSJ Student Honor Code</p>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> • Continuously embrace honesty and curiosity in the pursuit of my educational goals; • Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my community; • Do my own work with integrity at all times, in accordance with syllabi, and without giving or receiving inappropriate aid;

	<ul style="list-style-type: none"> Do my utmost to act with commitment, inside and outside of class, to the goals and mission of Calumet College of St. Joseph.
Doing Your Own Work	<p>If you turn in work that is not your own, you will be subject to judicial review by the Faculty-Student Grievance Committee. These procedures can be found in the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines to document sources avoids plagiarism. You'll find guides to the major citation methods at the CCSJ Specker Library Web page at http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite</p> <p>You'll also find a comprehensive guide to understanding what constitutes plagiarism, "What Is Plagiarism," on the Specker Library Web page at https://www.ccsj.edu/library/What%20is%20Plagiarism.pdf This guide comes from Plagiarism.com, and covers many ways in which plagiarism can occur. Be sure to review this important source!</p> <p>Please note: All papers are electronically checked for plagiarism.</p>
Sharing Your Class Experience	<p>Your voice matters! At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!</p>
Withdrawing from Class	<p>After the last day established for class changes has passed (see the College calendar in the CCSJ Course Catalog), you may withdraw from a course by following the policy outlined in the Course Catalog.</p>

Resources

CCSJ Book Rental Program	<p>The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see http://www.ccsj.edu/bookstore. All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.</p>
Student Success Center:	<p>The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.</p>
Disability Services:	<p>Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.</p>
Student Assistance Program	<p>Through a partnership with Crown Counseling, Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, contact Kerry Knowles SAP Counselor, at 219-663-6353 (office), 219-413-3702 (cell), or kerryk@crowncounseling.org.</p>
CCSJ Alerts:	<p>Calumet College of St. Joseph’s emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College’s website at: http://www.ccsj.edu/alerts/index.html.</p>

Prof. Stone 2019-2020 Grading Rubric for classwork, homework, presentations and labs

	5	4	3.5	3
Presentation	You have completed the assignment on time. It is readable and neat with no grammatical or spelling errors. All directions were followed, and assignment requirements met.	You have completed the assignment on time. It is readable and neat with minimal grammatical or spelling errors. Majority of directions were followed, and assignment requirements met.	Assignment was turned in late. Assignment is mostly complete. It is readable and neat. Some grammatical and spelling errors present. Most directions were followed, and requirements met.	Assignment was turned in late. Assignment is not complete. It is readable. Contains several errors. Directions were not followed, requirements not met.
Content	Your work is well thought out, answers are unique and are your own words. (No text copying.) There is evidence you have sought out valid resources beyond the textbook.	Your work shows thought and answers are mostly in your own words. (Minimal text copying.) You attempted to seek out resources beyond the textbook.	Answers show a valid attempt to complete the assignment, but not much written in your own words. Some of your work is coming from the text, word for word. No outside resources were used.	Barely tried to complete the assignment. Your answers are not in your own words. Work is copied from the text word for word. No outside resources were used.
Effort Applied	You show a personal interest in how the material relates to your future as a professional in the field. You make real-life connections and connections to lecture and other material.	You put forth effort to make real life connections OR connections to lecture and other material.	Few or no connections made to real life, lecture and other material.	No connections made
Understanding	Shows mastery of the material.	Demonstrates a general understanding of the material	Shows very basic understanding of the material. (tutoring, fine tune study skills, suggested)	Little to no understanding of the material. (Tutoring, fine tune study skills, required.)
Calculations	Answers and calculations are correct, and work was shown.	Most (more than $\frac{3}{4}$) answers and calculations are correct. Work was shown.	Some (less than $\frac{1}{2}$) of all answers and calculations are incomplete and/or incorrect. No work was shown.	Most (more than $\frac{1}{2}$) answers and calculations are incomplete and incorrect. No work was shown.
Participation Rubric				
Participation	Consistently stays focused on in-class work and what needs to be done. Self-directed and highly motivated.	Focuses on in-class work and what needs to be done most of the time.	Often must be reminded by the teacher about what needs to get done.	Has difficulty focusing on class work and procedures.
Additional criteria for oral presentation assignments.				
Source: Association of American Colleges and Universities. (2009). <i>VALUE rubrics</i>				
Organization	Organizational pattern (specific introduction and conclusion, sequenced material within the body, and transitions) is clearly and consistently observable and is skillful and makes the content of the presentation/paper cohesive.	Organizational pattern (specific introduction and conclusion, sequenced material within the body, and transitions) is clearly and consistently observable within the presentation/paper	Organizational pattern (specific introduction and conclusion, sequenced material within the body, and transitions) is intermittently observable within the presentation/paper	Organizational pattern (specific introduction and conclusion, sequenced material within the body, and transitions) is not observable within the presentation/paper
Delivery	Delivery techniques (posture, gesture, eye contact, and vocal expressiveness) make the presentation compelling, and speaker appears polished and confident	Delivery techniques (posture, gesture, eye contact, and vocal expressiveness) make the presentation interesting, and speaker appears comfortable.	Delivery techniques (posture, gesture, eye contact, and vocal expressiveness) make the presentation understandable, and speaker appears tentative.	Delivery techniques (posture, gesture, eye contact, and vocal expressiveness) detract from the understandability of the presentation, and speaker appears uncomfortable.
Use of Information	Communicates, organizes and synthesizes information from sources to fully achieve a specific purpose, with clarity and depth	Communicates, organizes and synthesizes information from sources. Intended purpose is achieved.	Communicates and organizes information from sources. The information is not yet synthesized, so the intended purpose is not fully achieved.	Communicates information from sources. The information is fragmented and/or used inappropriately (misquoted, taken out of context, or incorrectly paraphrased, etc.), so the intended purpose is not achieved

