McGill University
Department of Kinesiology and Physical Education

ADVANCED ASSESSMENT METHODS
EDKP 350-001

COURSE OUTLINE, Fall 2019

Instructor: Celena Scheede-Bergdahl, Ph.D.
E-mail: celena.scheede@mcgill.ca

Teaching Assistants: Samantha Quinn (Tuesday): samantha.quinn@mail.mcgill.ca
Vanessa Ferreira (Wednesdays): vanessa.ferreira2@mail.mcgill.ca
Kaveh Gaynor-Sodeifi (Thursday): kaveh.gaynor-sodeifi@mail.mcgill.ca

Office Hours: Please contact instructor/TAs by email to arrange for office hours.

Class Schedule: **Section 003:** Tuesday 11:35 to 2:25
Section 002: Wednesday 12:05 to 2:55
Section 001: Thursday 11:35 to 2:25

Locale: Currie Gymnasium 304

COURSE DESCRIPTION:
This course aims to provide students with basic "hands-on" skills for conducting a range of tools used in evaluating various components of physical fitness. Students will gain an appreciation for client communication/interaction, physical fitness assessment protocols/skills and subsequent exercise prescription techniques. Emphasis will be placed on professionalism, ethics and effective/appropriate client interaction, as well as solid technical skills.

COURSE OBJECTIVE:
Upon completion of this course, the student should be able to:

- Measure blood pressure and heart rate (at rest and during exercise)
- Take skinfold and circumference measurements
- Assess body fatness
- Conduct submaximal aerobic fitness tests
- Evaluate muscular strength and endurance
- Evaluate flexibility
- Accurately place ECG electrodes and conduct a 12 lead test at rest
- Conduct him/herself in a professional manner
- Understand how to contribute to a team environment (research, fitness or rehabilitation centre)
- Present organized and accurately recorded data, and understand what it means

REQUIRED COURSE TEXT:

- Exercise Physiology Laboratory Manual by WC Beam and GM Adams (7e edition), McGraw Hill Publishers. ISBN: 978-0-07-802265-4
- STUDENTS ARE ALSO REQUIRED TO PURCHASE A BASIC STETHOSCOPE AND BLOOD PRESSURE CUFF (available at McGill Bookstore): SEE LAB 4

COURSE EVALUATION:

Lab reports (8 total)	40%
Assignment	5%
Quizzes (8, best 7 used for grading)	15%
Participation (preparation, initiative, active learning)	5%
Practical evaluations	35%

***It is your responsibility to contact the course instructor ASAP if you will or have missed an in-class examination. Students are expected to be ON TIME, properly dressed, prepared for each lab and to be present/working for the duration of each class.**

IMPORTANT DATES AT MCGILL:

Fall Term

- Classes begin Tuesday, September 3
- Add/Drop deadline: Tuesday, September 17
- Course or University Withdrawal with refund deadline: Tuesday, September 24
- Thanksgiving: Monday, October 14
- Course or University Withdrawal with NO REFUND deadline: Tuesday, October 29
- Classes end: Tuesday, December 3[1]
- Study Day: Wednesday, December 4
- Exams begin: Thursday, December 5
- Exams end: Friday, December 20 (12 days, including evening exams)

[1] On Tuesday, December 3, the normal Tuesday schedule of course lectures, labs and conferences will be replaced by a Monday schedule to make up for Thanksgiving.

DESCRIPTION OF LABORATORIES
Course introduction: overview of outline, schedule and methods of evaluation; read chapters 1 and 2 for review
Lab 1: Collection of basic data (Ch. 3), body mass index (Ch. 23), girths and ratios (Ch. 24); **This will all count as 1 lab for your lab report as they are brief.
Lab 2: Skinfolds (Ch. 25)
Lab 3: Evaluating submaximal aerobic capacity (Ch. 14), practice manual HR at rest and during exercise
Lab 4: Resting blood pressure (Ch. 16), continue on to exercise blood pressure (Ch. 17, no lab report required, practice only)
Lab 5: Resting ECG (Ch. 18)
Lab 6: Evaluating isotonic (dynamic) strength (Ch. 4) Evaluating isometric (static) strength (Ch. 5)
Lab 7: Evaluating flexibility (Ch. 22)
Lab 8: TBA
OPEN LAB: practice time, all tests identified for practical examinations, come prepared!
****Subject to change upon prior notification**

LABORATORY SCHEDULE (subject to change)		
Week	**Date**	**Description**
1	Week of September 2	Tuesday: Course intro Wednesday: Course intro Thursday: Course intro
2	Week of September 9	Tuesday: Lab 1 Wednesday: Lab 1 Thursday: Lab 1
3	Week of September 16	Tuesday: Lab 2 Wednesday: Lab 2 Thursday: Lab 2
4	Week of September 23	Tuesday: Lab 3 Wednesday: Lab 3 Thursday: Lab 3
5	Week of September 30	Tuesday: Lab 4 Wednesday: Lab 4 Thursday: Lab 4
6	Week of October 7	Tuesday: Lab 5 Wednesday: Lab 5 Thursday: Lab 5
7	Week of October 14	Tuesday: Lab 6 Wednesday: Lab 6 Thursday: Lab 6
8	Week of October 21	Tuesday: Lab 7 Wednesday: Lab 7 Thursday: Lab 7
9	Week of October 28	Tuesday: Lab 8 Wednesday: Lab 8 Thursday: Lab 8
10	Week of November 4	Tuesday: Open lab Wednesday: Open lab Thursday: Open lab
11	Week of November 11	Tuesday: Practical evaluations 1 Wednesday: Practical evaluations 1 Thursday: Practical evaluations 1
12	Week of November 18	Tuesday: Practical evaluations 2 Wednesday: Practical evaluations 2 Thursday: Practical evaluations 2
13	Week of November 25	Tuesday: Practical evaluations 3 Wednesday: Practical evaluations 3 Thursday: Practical evaluations 3
14	Week of December 2	Only for Monday classes, does not apply to EDKP 350
		No final exam for this class

*Students are advised to keep a copy of the course syllabus for future reference.
*All changes to present schedule will be announced prior to date.

ACADEMIC STATEMENTS:
In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit written work in **English** or in **French**. This right applies to all written work that is to be graded, from one-word answers to dissertations. Instructor addition: French/English dictionaries will be permitted during exams (however, supplemental notes marked within the dictionary will not be tolerated, *see following statement of* ***academic integrity***).

McGill University values **academic integrity**. Therefore all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures
(see: www.mcgill.ca/students/srr/honest/ for more information).

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter: www.mcgill.ca/students/srr/honest/).

Instructors who may adopt the use of text-matching software to verify the originality of students' written course work must register for use of the software with Educational Technologies (*support.ist@mcgill.ca*) and must inform their students before the drop/add deadline, in writing, of the use of text-matching software in a course.

ACADEMIC EXPECTATIONS:

- Prepare for each lab prior to class time.
- Come dressed appropriately and ready to participate.
- Assume responsibility for own professional training.
- If you do not understand something, please ask!
- Be proactive and discuss all concerns with course instructor as they arise.
- Be on time!

EDKP 350: HOW TO PRESENT YOUR LAB REPORT

Cover page (minus 1 point if not put together properly or neatly)

1) include name and number of lab, your name, student number and date of submission

Body (worth 20 points, be as thoughtful as possible, effort counts and use your own words)

1) include a brief paragraph explaining why you are doing the lab, the point, what you are trying to achieve, why you would be taking these measurements (/5). **This must be completed PRIOR to the lab (if not done, minus 2.5 points). Some of this information can be found elsewhere and include appropriate referencing.**
2) include a summary of step by step procedures (/5). **This must be completed PRIOR to the lab (if not done, minus 2.5 points)**

3) present your data sheets (can be photocopied from book or put into Word or Excel) (/3)
4) explain your data (put data into context, what information do you get from your data, how would you use the data, what does it physiologically represent?) (/5)
5) disclose any limitations to your data (problems with obtaining data, questionable repeated measures) (/2)

Your lab TA will check in your lab at the START of each week's lab.

Questions

1) Answer questions from lab in books (/5). Most of this can be answered from the lab itself!

** Use the lab itself to help you with the above
** Each lab is graded on 25 points.

Essentially, every week you are showing your TAs the prep for lab that you will be doing on a given day (see body, points 1 and 2) and submitting the completed lab from the week before (remainder).