

McGill University
Department of Kinesiology and Physical Education

PHYSICAL FITNESS EVALUATION METHODS
EDKP 350-001, 002, 003

COURSE OUTLINE, Winter 2024

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Teaching Assistants:

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

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

Locale: Currie Gymnasium 304 (Tassone Teaching Lab)

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 (9e edition), McGraw Hill Publishers. ISBN: 978-0-07-802265-4. You may use a previous edition HOWEVER, you are responsible for the content as presented in the 9e edition.

- 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, all 8 will be graded)	45%
Quizzes (8, best 7 used for grading)	15%
Participation (preparation, initiative, active learning)	5%
Practical evaluations	35%

***Labs are mandatory. If you must miss a lab, please email the professor or your TA ahead of time. With approval only and if the schedule allows it, you may be permitted to make up your lab by attending one of the other sections. You are responsible for all course content and work, even if you have missed the lab. If you miss more than 2 labs, you will not qualify for the practical evaluations. Medical or other documentation will be requested. Late lab reports will be penalized 10% per day and will not be accepted after more than 3 days past the due date, including weekends.**

***Students are expected to be ON TIME, properly dressed, prepared for each lab and to be present/working for the duration of each class.**

***Lab attendance of less than an hour will not be considered as attending the lab. There is ALWAYS something to practice or work on.**

Key Academic Dates & Other Important Dates: WINTER 2024

- **Classes begin:** Thursday, January 4
- **Winter Reading Break:** from March 4 to March 8 inclusive (*some exceptions apply*)
- **Makeup Day:** Thursday, April 11
- **Classes end:** Friday, April 12
- **Study Days:** Saturday, April 13 and Sunday, April 14
- **Exams begin:** Monday, April 15
- **Exams end:** Tuesday, April 30 (12 days, including evening exams)
- **Add/Drop deadline:** Tuesday, January 16
- **Course or University Withdrawal with refund deadline:** Tuesday, January 23
- **Course or University Withdrawal WITHOUT REFUND deadline:** Tuesday, February 27

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: Skinfolts (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 1/1	Tuesday: X Wednesday: X Thursday: Course intro
2	Week of 1/8	Tuesday: Course intro Wednesday: Course intro Thursday: Lab 1
3	Week of 1/15	Tuesday: Lab 1 Wednesday: Lab 1 Thursday: Lab 2
4	Week of 1/22	Tuesday: Lab 2 Wednesday: Lab 2 Thursday: Lab 3
5	Week of 1/29	Tuesday: Lab 3 Wednesday: Lab 3 Thursday: Lab 4
6	Week of 2/5	Tuesday: Lab 4 Wednesday: Lab 4 Thursday: Lab 5
7	Week of 2/12	Tuesday: Lab 5 Wednesday: Lab 5 Thursday: Lab 6
8	Week of 2/19	Tuesday: Lab 6 Wednesday: Lab 6 Thursday: Lab 7
	Week of 2/26	Tuesday: Lab 7 Wednesday: Lab 7 Thursday: Lab 8

9	Week of 3/4	READING WEEK
10	Week of 3/11	Tuesday: Lab 8 Wednesday: Lab 8 Thursday: Open lab
11	Week of 3/18	Tuesday: Open lab Wednesday: Open lab Thursday: Practical evaluations 1
12	Week of 3/25	Tuesday: Practical evaluations 1 Wednesday: Practical evaluations 1 Thursday: Practical evaluations 2
13	Week of 4/1	Tuesday: Practical evaluations 2 Wednesday: Practical evaluations 3 Thursday: Practical evaluations 3
14	Week of 4/8	Tuesday: Practical evaluations 3 Wednesday: Practical evaluations 3 Thursday: X (Make up day for Monday classes)
		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 and ready to work.
- Use lab feedback to improve your work.

EDKP 350: LAB REPORT REQUIREMENTS

Cover page (minus 1 point if not put together properly or neatly, this can be a header to save paper)

- 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)**

To be handed in (and stapled) at the START of the following week:

- 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. It is YOUR responsibility to ensure that your TA has recorded your work.

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, 8 labs worth 45% of grade.

To summarize, 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).