McGill University
Department of Kinesiology and Physical Education

ADVANCED ASSESSMENT METHODS
EDKP 350-001, 002, 003

COURSE OUTLINE, Fall 2021

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

Teaching Assistants: Jade St-Pierre (Monday 1): jade.st-pierre@mail.mcgill.ca
Danielle Berbrier (Monday 2): danielle.berbrier@mail.mcgill.ca
Jaycie Triandafilou (Wednesday): jaycie.triandafilou@mail.mcgill.ca

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

Class Schedule: **Section 001:** Monday 10:05 to 12:55
Section 002: Monday 1:05 to 3:55
Section 003: Wednesday 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 (8e 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 (TBA)	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**: Wednesday, September 1
- **Fall Reading Break**: Tuesday, October 12 and Wednesday, October 13 *(so add to previous weekend Monday, October 11, Tuesday October 12 and Wednesday October 13)*
- **Makeup Days**: Thursday, October 14 (Monday schedule) and Friday, October 15 (Tuesday schedule) [See below]
- **Classes end**: Monday, December 6
- **Study Days**: Saturday, December 4–Sunday, December 5
- **Exams begin**: Tuesday, December 7
- **Exams end**: Tuesday, December 21 (11 days, including evening exams)

Note: On Thursday and Friday, October 14–15, the normal Thursday & Friday schedules of course lectures, labs, and conferences will be replaced by Monday & Tuesday schedules.

DESCRIPTION OF LABORATORIES **ALL LABS ARE MANDATORY**
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**
0/1	Week of August 30	Monday 1: N/A Monday 2: N/A Wednesday: Course Intro
1/2	Week of September 6	Monday 1: Labour Day OFF Monday 2: Labour Day OFF Wednesday: Lab 1
2/3	Week of September 13	Monday 1: Course Intro Monday 2: Course Intro Wednesday: Lab 2
3/4	Week of September 20	Monday 1: Lab 1 Monday 2: Lab 1 Wednesday: Lab 3
4/5	Week of September 27	Monday 1: Lab 2 Monday 2: Lab 2 Wednesday: Lab 4
5/6	Week of October 4	Monday 1: Lab 3 Monday 2: Lab 3 Wednesday: Lab 5
6/7	Week of October 11	Monday 1: Reading break OFF (Thanksgiving) Monday 2: Reading break OFF (Thanksgiving) Wednesday: Reading break OFF THURSDAY: MONDAY SCHEDULE (Lab 4 for Monday 1 and 2)
7/8	Week of October 18	Monday 1: Lab 5 Monday 2: Lab 5 Wednesday: Lab 6
8/9	Week of October 25	Monday 1: Lab 6 Monday 2: Lab 6 Wednesday: Lab 7
9/10	Week of November 1	Monday 1: Lab 7 Monday 2: Lab 7 Wednesday: Lab 8
10/11	Week of November 8	Monday 1: Lab 8 Monday 2: Lab 8 Wednesday: Review lab
11/12	Week of November 15	Monday 1: Review lab Monday 2: Review lab Wednesday: Practical evaluations 1
12/13	Week of November 22	Monday 1: Practical evaluations 1 Monday 2: Practical evaluations 1 Wednesday: Practical evaluations 2
13/14	Week of November 29	Monday 1: Practical evaluations 2 Monday 2: Practical evaluations 2 Wednesday: Practical evaluations 3
14	Week of December 6	Monday 1: Practical evaluations 3 Monday 2: Practical evaluations 3 Wednesday: N/A
		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.

ELECTIONS CANADA:
Monday September 20, 2021 is a voting day. Please take advantage of early polling days or mail in ballots if your lab is on a Monday:
https://www.elections.ca/content2.aspx?section=vote&document=index&lang=e
Attendance is still mandatory for lab work and the Wednesday labs are at capacity at this point in time.

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/).

HEALTH AND SAFETY GUIDELINES:
Please note that this format for the delivery of this course is unusual and must respect the guidelines of health and safety (General health guidelines | Coronavirus information - McGill University). It is explained by our current extraordinary circumstances, and aims to allow you, as students, to complete this term with the requisite knowledge for this course, and to succeed in your assessments. I ask for everyone's collaboration and cooperation in ensuring that these guidelines are respected. On August 6, the Government of Quebec announced the government directives for the start of the Fall term, including no distancing in classrooms. Based on this announcement and our previous planning, McGill developed directives, which are detailed on the University's Coronavirus website. Please note that these condition may change at anytime following new directives from the government or the University.

DISTANCING
The status of physical distancing is now:
-No distancing in classrooms,
-One metre in common areas, including shared research spaces, laboratories, offices, and other workplaces.
-Two metres required when eating or drinking, working out in fitness centres.

MASKS
Procedural masks **are required in all indoor spaces at McGill,** including classrooms.
However, Professor or presenters do not need to wear a mask if you are teaching and remain at least two metres away from others. When students are in class on campus, i.e., in person, they are required to wear masks.
For our lab (EDKP 350), the use of visors is TBA at this moment. More information will follow.

DAILY HEALTH CHECK FORM
The daily health check form is still a requirement for all McGill staff before you come to campus. Students are strongly encouraged to assess their health using the self-assessment found in General health guidelines | Coronavirus information - McGill University

CLASSROOM VENTILATION
All centrally booked classrooms that are being used in the Fall 2021 term have been assessed to ensure ventilation follows the Government's COVID-19 guidelines.
Please note that, in Currie 304, we are fortunate to have recent high quality upgrades to ventilation as a part of the renovations to the Tassone Teaching Lab.

VACCINATION
Proof of vaccination is not required for students and instructors to engage in teaching activities on our campuses.
McGill have been promoting vaccination to the members of our community, including through regular emails and a social media campaign, and will host a walk-in vaccination clinic on the downtown campus at the start of term.
Information on vaccinations (booking appointments, registering vaccines received outside of Quebec, resources) can be found on the Get Vaccinated webpage.

COPYRIGHT:
PLEASE NOTE THAT Instructor-generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

EQUITY, DIVERSITY AND INCLUSION:
Professor statement: I absolutely support equity, diversity and inclusion in the academic setting (well, actually, all settings but academic pertains here). Having said that, there is no way that I can know all of your individual experiences and backgrounds but I will try my best. If I have unintentionally offended you, please come and talk to me about it. Education is the best way to solve situations and to ensure that everyone has an opportunity for a safe space during your time at McGill and, specifically, in my classes. Open discussion is how we will improve our understanding of each other… and isn't this what university should be about? Please do not be hesitant to approach me on this topic as I feel very strongly about this. Thank you in advance for your co-operation.

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!
- IF YOU NEED TO SWITCH A LAB SECTION DUE TO VARSITY ATHLETICS, ILLNESS OR MEDICAL PURPOSE, YOU MUST CONTACT YOUR TA (CCing THE PROFESSOR) AHEAD OF TIME FOR PERMISSION. SWITCHING LAB SECTIONS

WILL BE CONSIDERED ON A CASE BY CASE BASIS AND MAY ONLY BE CONSIDERED AS AN UNAVOIDABLE SITUATION. LAB SECTIONS ARE AT CAPACITY/CLOSE TO CAPACITY SO ACCOMODATING EXTRA STUDENTS (ESPECIALLY DURING COVID TIMES) SHOULD NOT BE TAKEN LIGHTLY.

- ATTENDANCE: Please note that a maximum of 2 **excused absences (see above)** from labs are permitted on a case by case basis. Lab write ups from unexcused classes will not be accepted for grading. In the case that you miss more than 2 labs (6 hours), you will disqualified from your final evaluation.
- If you arrive late for a quiz, you will not be permitted to write it so make every effort to be on time. Quizzes will be started 10 minutes after the start of class to allow for a buffer.

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 outline 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).

This is NOT an exercise physiology type lab so please keep it brief and succinct. Quantity does not equal quality in this lab!

Please note that, while you may work with others, each student is to hand in their own unique work.