

Measurement and Evaluation in Exercise Science

EXS 324

3 Credit Hours

Summer – WEB Course

Western Kentucky University

Instructor: Dr. Gina Sobrero Evans

Office: SS 1065

Office Hours: By appointment/TBA.

Office Phone: (270) 745-4358

Fax: (270) 745-6043

E-Mail: gina.evans@wku.edu

Required Text: Measurement and Evaluation in Human Performance. Morrow et al. (2013). Human Kinetics. ISBN-13: 9780736090391

General Information: This course focuses on measurement, data collection, and statistical treatment (descriptive and inferential) of health and fitness data associated with physical activity and exercise science.

Course Objectives: At the conclusion of this course, you should be able to do the following:

1. Define and describe measurement and evaluation, and other terms associated with these practices.
2. Understand and apply measurement and evaluation to numerous physical activity/exercise science settings and situations.
3. Understand and apply measurement and evaluation to settings and situations beyond physical activity and exercise science.
4. Understand the normal distribution and descriptive statistics.
5. Understand the statistics that determine the relationship between variables.
6. Understand and apply basic inferential statistics, as well as understand computer technology used in generating these statistics.
7. Demonstrate proper selection of specific test protocols, data collection procedures, and evaluative techniques of health/fitness tests.
8. Evaluate personal levels of physical fitness based on fitness tests and measurements.
9. Show an understanding of the scientific method, including formulation of hypotheses, and experimental design, data collection, data analysis, and reporting of results.

Grade Evaluations:

Exams 60%

Assignments/Discussion

Board Topics: 40%

***Please Note: Failure to complete any of the three exams will result in automatic failure for the entire course.

Final grade determinations will be made using the university scale as follows:

Reading Assignments and lectures: You will have assigned readings. These will be posted to Blackboard during the term. The readings will come from your text as well as from other sources. Those “other sources” will be things that I post to Blackboard that you will be required to print for yourself. I will also post powerpoint slides provided by the author of the text. I may post on-line lectures as well on some topics, though I have found those in the past to be under-utilized.

Exams: Exams will be on-line, and you will complete them on your own (you will not have to come to the DELO testing center). However, they will be time-restricted and you will only have one opportunity to complete each exam. Once you start it, you must finish it during that session within 1 hr 30 mins. In other words, you are not going to have time to look up the answers. The exams will be posted so that you will have approximately a 48 hour time window in which you must complete the exam.

Written Assignments: You will have a series of objective written assignments on the readings and lectures. They will be posted to Blackboard during the spring term, and due dates will be noted.

Discussion Board Topics: I will post a series of discussion topics, usually with a link or two to additional readings, on the Blackboard Discussion Board upon which the entire class is responsible for discussing, commenting, etc. You may agree with each other, disagree, whatever, but you must be prepared to defend your position either way...especially as I may enter the discussion at any point. You may link research articles, etc. to your thread if you want if it helps to defend your opinion. I will post these at random times throughout the term. You will be evaluated on your participation and the quality of your arguments. You will be expected to submit a minimum of one original comment (“thread”) as well as submit at least one follow-up comment to others’ comments. In other words, for each Discussion Board you should have a minimum of two posts, with one being an original post by you.

Delinquent Work: All work is due at or before the time stated above. NO EXCEPTIONS!!! I suggest that you not wait until right before the time an assignment is due before turning it in. This is because if everyone does that the server may get jammed resulting in some people (and it may be you) having late work. Also, the time something is delivered to Blackboard will be based on my computer's clock, not yours. Remember, mine may be as much as 10 minutes faster than yours. Anything turned in after the "due time" will be penalized one letter grade for every day delinquent.

Style: All work should be completed in Microsoft Word. If you don't have a current version of MS Word (2003 or later) I suggest you do one of two things: find a computer lab with updated software or buy it for yourself.

Extra Credit: There will not be any opportunity to perform additional work for the purpose of attaining extra credit. You are encouraged to spend your time preparing for that work which is assigned for evaluation.

Academic Misconduct: All acts of dishonesty in any work constitute academic misconduct. In the event of academic misconduct, the student(s) will receive a failing grade ("F") for the course.

Students with Special Needs: In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in Room A-200 of the Student Success Center in Downing University Center. The telephone number is (270) 745-5004. Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

One final note about communication...

I have an "open-door" policy, meaning you can pretty much stop by my office anytime, not just during my posted office hours. Face-to-face communication is ALWAYS the most desirable and effective. If you cannot stop by, you are also welcome to call me on the telephone. If I don't answer you may leave a message and I will make every effort To return your call, though I cannot make any guarantees. It will increase your chances tremendously if you remember to leave your phone number. E-mail is probably the best way other than face-to-face to get in touch with me. If you do choose to send me an e-mail, DO NOT even think about using "text message" lingo (see below for examples). If you do, I WILL NOT respond.

ur is not your
2 is not to/too
i is not I
etc.

