**Fitness Testing**

**KINE 4325-004**

**Syllabus – Fall 2025**

**Instructor:** Joshua Keller **Credit Hours:** 3

**Office Number:** 940-565-3409 **Class Time:** 11:00 – 12:20 Tu, Th

**Office Location:** PEB 210-G **Office Hours:** 1:00-2:00 Tu, 9:00 - 11 W

**Email:** Joshua.Keller@unt.edu or by appointment

**Class Location:** MGYM 180

**Course Description**: Practice of fitness assessment testing with an emphasis on practical application. Prerequisite - Satisfactory completion (an earned grade of “C” or better) in KINE 3080 – Exercise Physiology

**Recommended Text:** Haff and Dumke: *Laboratory Manual for Exercise Physiology*, 2nd edition.

**Course Objectives:**

The student who successfully completes this course will:

1. State appropriate uses of fitness and performance tests.
2. Distinguish between the various aspects of physical fitness by defining terms.
3. Select appropriate tests to measure each of the elements of physical fitness.
4. Be able to administer testing for body composition.
5. Be able to administer measurement for cardiovascular parameters.
6. Be able to administer testing for aerobic power.
7. Be able to administer testing for anaerobic power.
8. Be able to administer testing for muscular strength, power, and endurance.

**Class Grade Evaluation – 600 points total**

300 points - Exams: Three exams, 100 points each. These exams will be multiple choice, short answer, and computation questions. Materials covered in class, readings from the textbook, and labs will be the subject of exams.

100 points – In Class Assignments: There are four (4) Laboratory Reports (25 points each) that will be required to be turned in during the semester. These must be created in a professional manner and submitted via Canvas. The reports must include all aspects of the assignment and be done with proper grammar. Points can/will be deducted for unprofessional appearance, bad grammar, and incorrect spelling.

140 points – Quizzes There are seven (7) Quizzes (20 points each) throughout the semester related to topics covered in the modules. These will help confirm understanding of the materials presented and prepare the student for upcoming exams.

60 points - Practical Exams: To demonstrate competence in the subject matter, you will complete two (2) practical exams. These will test knowledge of the materials over the semester. You will have to perform the actual testing learned in class on an individual. A more detailed explanation of the requirements for the practical exams will be provided midway through the course.

**Grading Scale:**

100% - 90%: A, 89.9% - 80%: B, 79.9% - 70%: C, 69.9% - 60%: D, 59.9% - 0%: F

At the end of the semester, you will earn a grade of A, B, C, D, or F. If you receive a grade of F, you have not passed this course. The final grade will be based on the successful completion of all the assignments and test grades.

There will be no negotiation of your final grade in this course. You will receive the grade that you earned…no discussion. I will not communicate with you regarding your grades through email; however, I would be happy to discuss them with you in person. Once the final points have been posted to Blackboard/Canvas, I will no longer answer emails or requests for additional points or for work to help boost you to a higher grade. Please be aware that if you pass my class but “NEED” a higher grade to graduate, my class was not the problem. I do not bump grades and therefore will not bump grades so that you can graduate.

**Class Information and Requirements:**

Communication with your instructor:

All UNT students should activate and regularly check their EagleConnect (e-mail) account. This is the main electronic contact for all course-related information and/or material. We will be using the internet platform Canvas for announcements, assignments, notes and handouts. I am available during office hours or before and after class for any communication. If you cannot meet me during those times, please make an appointment.

Attendance:

Attendance will not be taken for points towards a final grade. However, discussions and activities in class will be in addition to the online material. Therefore, attendance will not only assist you in meeting the requirements of the exams but also assist you in preparation for the practical exam. Do NOT simply stop coming to class without taking formal steps to drop the course. Students who stop coming to class and do not go through the formal drop procedure will be assigned a grade of “F” at the end of the semester.

Cell phone use:

The use of cell phones for talking, texting, or any other purposes during class is prohibited. Any urgent phone-related matter must be attended to outside of the classroom period. Should you be found to be using a cell phone during class time, you will be asked to leave for the remainder of the class.

Assignments:

All assignments must be neatly prepared and representative of college-level coursework. All assignments must be submitted to the Canvas system. It is upon you to ensure that your assignment has been submitted properly and received. It is upon you to submit the documentation as if it is ready to be graded. **No late assignments or missed tests will be accepted without prior permission from the instructor**. If you know you will miss class, turn your assignment in prior to its due date. Additionally, due to the projects being submitted on Canvas, you might find that your assignment is graded early. This is in no way to suggest that you can go back and edit for points any assignment. Once it has been submitted for grading, no additional work will be allowed to be completed on the assignment.

Exam Protocol:

The exams for this course are done through Canvas. You will be given two days to complete each exam. It is your responsibility to ensure a stable internet connection before taking the exam. I will not reopen the test once the deadline has passed. Remember that the deadline is 5:00 on the due date. This is 5:00 UNT time, and not 5:00 on your phone, watch, or computer. Make sure you give yourself enough time to complete the exam. If you elect to wait until the very last minute, and the deadline passes, the exam will close. All unanswered questions will be counted as incorrect. **There are no makeup for missed exams.**

Extra Credit:

There are up to 5 possible points to add to your total semester points: SPOT Evaluation. 90% or greater of the ENTIRE class must submit an evaluation. Once achieved, all class members will receive these points. All additional requests for extra credit or for me to change your grade from what you earn will be ignored.

Academic Dishonesty:

Students caught cheating or plagiarizing will receive a "0" for that assignment or exam. Additionally, the incident will be reported to the Academic Integrity Office, which may impose further penalties.

According to the UNT catalog, the term "cheating" includes, but is not limited to: a. use of any unauthorized assistance in taking quizzes, tests, or examinations; b. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; c. the acquisition, without permission, of tests or other academic material belonging to a faculty or staff member of the university; d. dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s); or any other act designed to give a student an unfair advantage. The term "plagiarism" includes but is not limited to: a. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment; and b. the knowing or negligent unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.

Acceptable Student Behavior:

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom, and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for students apply to all instructional forums, including university and electronic classrooms, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at http://deanofstudents.unt.edu.

ADA Statement:

The University of North Texas makes reasonable academic accommodations for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to the faculty to begin a private discussion regarding your specific needs in a course. You may request accommodation at any time; however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information, see the Office of Disability Accommodation website at http://disability.unt.edu. You may also contact them by phone at (940) 565-4323.

Emergency Notification and Procedures:

UNT uses a system called Eagle Alert to quickly notify you with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). The system sends voice messages (and text messages upon permission) to the phones of all active faculty staff, and students. Please make certain to update your phone numbers at http://www.my.unt.edu. Some helpful emergency preparedness actions include: 1) know the evacuation routes and severe weather shelter areas in the buildings where your classes are held, 2) determine how you will contact family and friends if phones are temporarily unavailable, and 3) identify where you will go if you need to evacuate the Denton area suddenly. In the event of a university closure, please refer to Blackboard/Canvas for contingency plans for covering course materials.

Student Success:

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you learn and grow. And, as a faculty member, I am committed to helping you be successful as a student. Here’s how to succeed at UNT: Show up. Find support. Take control. Be prepared. Get involved. Be persistent. To learn more about campus resources and information on how you can achieve success, go to <https://succeed.unt.edu>.

Student success requires thoroughness. Should you have read the syllabus completely, I will award you five extra credit points. This should only be between you and me. It will not be discussed. If I find that you have told others about these points, your points will be removed. Email me and tell me that you need your syllabus points and which class and section you attend, and I will give the points to you. Once exam two has been given to the class, the window for requesting these points will be closed.

Retention of Student Records:

Student records about this course are maintained in a secure location by the instructor of record. All records, such as exams, answer sheets (with keys), and written papers, submitted during the duration of the course, are kept for at least one calendar year after course completion. Coursework completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. You have a right to view your individual record; however, information about your records will not be divulged to other individuals without the proper written consent. You are encouraged to review the Public Information Policy and F.E.R.P.A. (Family Educational Rights and Privacy Act) laws and the university’s policy per those mandates at the following link: http://essc.unt.edu/registrar/ferpa.html

**Tentative Class Schedule: KINE 4325 – Fall 2025 \***

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| Calendar Day(s) | Topic |
| August 19 | Introduction to the class |
| August 21 – August 26 | Waist to Hip/HR measurements  Blood Pressure Reading/Monitor |
| August 28 | Module One In-Class Lab Assignment |
| September 2 – September 11 | Two-component Modeling  Skinfold Measurements/Analysis |
| September 16 | Module Two In-class Lab Assignment |
| September 18 | Practicum – Modules 1 & 2 |
| September 23 | Review for Exam 1 |
| **September 25** | **Exam 1** |
| September 30 – October 2 | Submaximal Aerobic Testing |
| October 7 | Module Three In-Class Lab Assignment |
| October 9 - 16 | Musculoskeletal Testing |
| October 21 | Module Four In-Class Lab Assignment |
| October 23 | Practicum – Modules 3 & 4 |
| October 28 | Review for Exam 2 |
| **October 30** | **Exam 2** |
| November 4 - 6 | Flexibility Testing |
| November 11 - 13 | Agility Testing |
| November 18 - 20 | Senior Fitness Testing |
| December 2 | Review for Exam 3 |
| **December 4** | **Exam 3** |

\*The course calendar is tentative and subject to change. If the schedule changes, I will announce the updates during class time, provide an updated version on Canvas, and send out an announcement.

\*\*Some class lessons will be conducted in rooms other than our assigned classroom. I will announce any changes during class time as well as make announcements via Canvas. It is your responsibility to stay informed of changes such as this.