

# COURSE SYLLABUS



COURSE TITLE: KIN 240 Fitness and Health Assessment  
CLASS SECTION: X03AB  
TERM: Fall 2024  
COURSE CREDITS: 3  
DELIVERY METHOD(S): In person (lecture and lab)

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.  
Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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NAME: Graham Frost  
EMAIL: [frostg@camosun.ca](mailto:frostg@camosun.ca)  
OFFICE: PISE 317 (by appointment)  
HOURS: Monday's 11am-12noon or by appointment (please email to schedule)

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

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Students will study field and laboratory assessment of health and performance related aspects of aerobic fitness, musculoskeletal fitness, body composition, physical activity, and related health parameters. Students will develop and deliver health-related fitness assessments and examine and interpret results.

PREREQUISITE(S): KIN 210 Exercise Physiology (minimum grade requirement = 'C')  
CO-REQUISITE(S): KIN 210 Exercise Physiology (minimum grade requirement = 'C')  
EXCLUSION(S):

## COURSE LEARNING OUTCOMES / OBJECTIVES

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- Administer a variety of health-related screening and fitness assessments of submaximal aerobic fitness, musculoskeletal fitness (muscular strength, endurance, power, flexibility, and balance) and anthropometry.
- Explain the concepts of measurements of central tendency, correlation, and analysis of variance to interpret data.
- Describe the theory behind various methods of estimating body composition such as DXA, underwater weighing, air plethysmography, and bioelectrical impedance.
- Describe the theory, limitations, and assumptions underlying submaximal assessments of cardiovascular fitness.
- Analyze and interpret test data with reference to a range of populations.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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### REQUIRED TEXT:

CSEP-Physical Activity Training for Health (CSEP-PATH) Manual (3<sup>rd</sup> edition is ideal, 2<sup>nd</sup> edition is acceptable)

### RECOMMENDED TEXT:

Students pursuing the CSEP-CPT certification will need to purchase the CSEP Certified Personal Trainer Candidate Certification Guide

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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### KIN 240 X03A&B

Lecture -	Tuesday	10:30am -12:20pm	CBA 271
X03A Lab -	Monday	12:30-2:20pm	LACC 105
X03B Lab -	Thursday	10:30am-12:20pm	LACC 105

*Please note:* Lab attendance is MANDATORY

The following **lecture** schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. See D2L for the lab schedule for your assigned section.

WEEK/DATE	Lecture ACTIVITY or TOPIC	Lab Schedule
1. Sep 2	Course Introduction; CSEP-CPT Certification Requirements	No labs scheduled
2. Sep 9	Professional Standards, <b>Pre-screening</b> for CSEP-CPT; Physical Demands Analysis & Fitness Tests	<b>Pre-screening</b> HR + Body Comp (Ht, Wt, BP, WC)
3. Sep 16	Assessing <b>Body Composition</b>	<b>Body Composition</b> DXA Scan; pre-screening practice
4. Sep 23	Basic Statistics; Reliability & Validity	<b>LAB EXAM 1 (10%)</b> <b>Pre-screening</b>
5. Sep 30	Assessing <b>Aerobic Fitness</b>	No labs scheduled
6. Oct 7	Critiquing the 220-age method of predict HRmax <b>Physical Demands Analysis Assignment (10%)</b>	<b>Aerobic Submaximal Tests 1</b> (mCAFT, Ebbeling, 1 Mile Walk, YMCA Cycle Test)
7. Oct 14	Assessing <b>Aerobic Fitness</b>	No labs scheduled
8. Oct 21	<b>MIDTERM EXAM (20%)</b>	<b>LAB EXAM 2 (10%)</b> <b>Aerobic submax</b>
9. Oct 28	Flexibility & Functional Movement Screen (FMS)	<b>Practice Lab</b>
10. Nov 4	Assessing <b>Musculoskeletal Fitness</b> (Muscular Strength, Power & Endurance)	<b>Musculoskeletal Fitness Tests</b> (Grip Strength, Push-ups, Back Extension, Plank)
11. Nov 11	Energy Expenditure & PA Behavior	No labs scheduled
12. Nov 18	<b>Fitness Tests – Student Presentations (10%)</b>	<b>Musculoskeletal Fitness Tests</b> (Vertical Jump, One Leg Stance, Y Balance Test, Sit and Reach)
13. Nov 25	Fitness Assessments for Special Populations	<b>LAB EXAM 3 (10%)</b> <b>MSK Fitness Tests</b>
14. Dec 2	Final Exam Review <b>Final Exam date TBD (20%)</b>	<b>Practice Lab: Tests</b> <b>CSEP CLIENT ASSESSMENT ASSIGNMENT DUE (10%)</b>

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
Midterm Exam	20%
Final Exam	20%
Lab Exam #1	10%
Lab Exam #2	10%
Lab Exam #3	10%
Fitness Tests Presentation	10%
Fitness Tests Physical Demands Analysis Assignment	10%
CSEP-PATH Client Assessment Assignment + Lab Attendance	10%
	<b>TOTAL</b>
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.  
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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**Attendance:** Students are expected to attend all classes, labs, and exams. Students are responsible for getting their own notes from class as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams. Lab attendance is mandatory unless you have a medical reason for missing it, in which case you should email the instructor ahead of time to make note of your reason for missing class. Failure to attend the laboratory component could result in failure of the course.

An excused absence includes:

- a medical certificate
- an intercollegiate trip
- permission of instructor prior to absence
- compassionate reasons
- signs & symptoms of COVID-19

*Absences from Campus due to COVID-19:*

If a student is feeling unwell, they should inform their instructor that they will be unable to participate in any in-person classes. Where possible, alternative means of participating in the learning will be arranged. Students will not be academically penalized for such absences.

**Late Assignments:** Late assignments will receive a deduction of 20% per day.

**Final Grades:** What you see is what you get! Unless extenuating circumstances permit, final grades will not be adjusted or “bumped” for students to receive a higher letter grade. The final grade calculated is what will be given.

**Missed Exams:** Exams must be written on the date scheduled. If a student is unable to write an exam through no fault of their own for medical or other reasons, valid documentation must be provided and discussed with the instructor. If a student who is absent has not made arrangements with the instructor in advance, they will receive a zero. Final Exams may be scheduled at any time during the final exam block; therefore, students should avoid making travel plans, professional or personal commitments for the duration of the exam period.

**Policy on Calculators:** Calculators will be permitted during tests. Permission is restricted to non-programmable calculators only. Cell phone calculators cannot be used during tests.

**Office hours:** While office hours are noted on the course outline, students are free to make an appointment with their instructor at a time that is mutually convenient. Another option is to email your question. Questions sent by email must be brief (think the length of a tweet). If it is impossible to reply with a brief response (due to the nature of the question) then you will be asked to make an appointment. Your instructor will respond to emails as quickly as possible, however, please keep in mind that this reply may be delayed when the instructor is tied up with other courses or if it is outside of work hours.

**“24/7” policy:** Students must wait 24 hours after receiving a grade before discussing it with the instructor, after this point, the student has 7 days to question the mark. After that, the grade is considered set in stone.

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>

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Support Service	Website
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

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If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

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## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.