San José State University
CHHS/Dept. of Kinesiology
KIN 157, Physiological Assessment, Fall 2025

Lecture

Instructor:	Peggy Plato, Ph.D.
Office Location:	SPX 174
Email:	Peggy.Plato@sjsu.edu
Office Hours:	Mondays & Wednesdays: 12:00-1:00 pm in-person, SPX 174 Other times available by appointment
Class Days/Time:	Thursdays 8:00-8:50 am (lecture) Lab: See table below
Classroom:	Online for lecture, YUH 233 for labs
Prerequisites:	Chem 30A, GE Math, Biol 66, KIN 70 (C- or better), KIN 155 (C- or better)

Labs

	2:00-3:50 MW **Section 2**	**9:30-11:20 TR** **Section 3**	**2:30-4:20 TR** **Section 4**	**4:30-6:20 TR** **Section 5**	**7:30-11:20 F** **Section 6**
Instructor	Marcos Cepin, M.A.	Felipe Gorini Pereira, Ph.D.		Alev Tug, M.A.	Farzaneh Ghiasvand, Ph.D.
Office	YUH 244	SPX 173		SPX 170	SPX 156
Email	Marcos.Cepin@sjsu.edu	Felipe.Gorini@sjsu.edu		Alev.Tug@sjsu.edu	Farzaneh.Ghiasvand@sjsu.edu
Office Hours	MW 4:00 - 4:45 pm in YUH 244 or by appointment	MW 2:00 – 3:00 pm in SPX 173 or via Zoom: https://sjsu.zoom.us/my/felipegorini		T/TR 12:30 - 1:30 pm, via Zoom. Need to confirm the appointment before attending the Zoom office hours. **https://sjsu.zoom.us/j/86016676186**	TR 2:00 – 3:00 pm in SPX 156

Kinesiology Undergraduate Major Program Learning Outcomes (KIN PLOs)

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students should be able to:

(1) explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology.

(2) effectively communicate in writing (clear, concise, and coherent) on topics in kinesiology.

(3) effectively communicate through an oral presentation (clear, concise, and coherent) on topics in kinesiology.

(4) utilize their experiences across a variety of health-related and skill-based activities to inform their scholarship and practice in the sub-disciplines in kinesiology.

(5) identify and analyze social justice and equity issues related to kinesiology for diverse populations.

SJSU Department of Kinesiology DEI Statement

The Department of Kinesiology is committed to developing and implementing equitable curricula and teaching practices that reflect the diversity of our student body and departmental core values. The faculty strives to foster an inclusive learning environment where all students feel valued, supported, welcomed, and empowered to succeed in *ALL* classes. All students, inclusive of all, but not limited to ethnicities, socioeconomic and cultural backgrounds, gender identities and expressions, castes, religions, ages, sexual orientations, abilities, bodies, political affiliations, statuses, and nationalities, are encouraged to share their rich array of perspectives and experiences. KIN department faculty, staff, and students all have something of value to contribute. Everyone is expected to respect differences and demonstrate diligence in understanding how others' perspectives, behaviors, and views may be different from theirs.

Course Description

Use of exercise physiology instrumentation to assess physiological characteristics of human performance, interpret results, and implement corrective strategies, when appropriate.

Course Goal

Students will develop competency in administering physiological assessments including using laboratory instruments, interpreting results and, when appropriate, implementing appropriate corrective strategies.

Course Learning Outcomes (CLOs)

Upon successful completion of this course, students will be able to:

(1) demonstrate knowledge and use of instruments and procedures to assess physiological functioning.

(2) demonstrate proficiency in administering selected physiological tests.

(3) demonstrate knowledge of the underlying principles, benefits, and limitations of selected physiological tests.

(4) interpret and explain test results.

(5) explain and apply corrective strategies to enhance physiological functioning and/or performance.

(6) demonstrate sensitivity to age, gender, cultural, and other individual differences as they relate to the physiological assessment of human performance and application of corrective strategies.

(7) demonstrate critical thinking and problem-solving skills.

Class Format

Lectures are prerecorded and posted on Canvas. Students should view the lecture BEFORE the scheduled lecture session, which is an online, **synchronous** meeting from 8:00-8:50 am on Thursdays. Students are **expected to attend** the online **synchronous lectures** with their cameras on. During the 8:00-8:50 am Thursday online lecture class, there will be a brief review of the previous topic (approx. 10-20 min) and a review of the current topic (approx. 20-30 min). Students are encouraged to ask questions or seek clarification on the information presented in the prerecorded lectures. Scheduled quizzes will open on Canvas at 9:00 am on Thursdays and close at 9:00 am on the following Friday; thus, there is a 24-hour window to complete each quiz. Labs are in-person. New labs are introduced during a lab meeting following the lecture – see lab schedules at the end of the syllabus. **Students are expected to be online during the lectures and in-person during the labs.** If this format must be changed due to health-related or other reasons, students will be notified via email and/or announcements posted on Canvas. For most of the labs, students will be collecting and interpreting their own data.

Methods

(1) Lecture/discussion
(2) Demonstration
(3) Observation
(4) Assigned readings
(5) Laboratory experience – emphasis on hands-on practice to develop competency

Course Content

(1) Physical activity assessment – questionnaires, pedometers, activity trackers
(2) Joint range of motion assessment – goniometers
(3) Posture assessment – posture grids & plumb lines
(4) Strength & power assessment – Isokinetic dynamometer (Humac norm), hand dynamometers
(5) Balance assessment – Biodex, field tests (e.g., Y-balance test, BESS, Berg balance scale, Fullerton advanced balance scale)
(6) Anthropometry & body composition assessment
  (a) Height, weight, circumferences, diameters - stadiometer, physician's scale, tape measures, anthropometers
  (b) Skinfold measurements – skinfold calipers
  (c) Bioelectrical impedance analysis – Omron hand-held BIA, Tanita scale, Biodynamics 4-electrode BIA, Seca mBCA, InBody BIA
  (d) Hydrostatic weighing – Exertech hydrostatic weighing hardware & software
  (e) Air displacement plethysmography - Bod Pod
  (f) Dual-energy X-ray absorptiometry (DXA)
(7) Health & fitness assessment – Polar Body Age, Cholestech
(8) Pulmonary function
  (a) Spirometry - static and dynamic lung volumes – hand-held spirometers
  (b) Environmental conditions
(9) Miscellaneous topics
  (a) Selection of tests
  (b) Equipment calibration & operation
  (c) Equipment specifications

Required Materials

- Assigned readings and video links are posted on Canvas
- Laboratory data sheets are posted on Canvas
- Calculator

Library Liaison

The KIN library liaison is Adriana Poo (adriana.poo@sjsu.edu) 408-808-2019.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on the Office of Undergraduate Education's Syllabus Information web page at https://www.sjsu.edu/curriculum/courses/syllabus-info.php

Academic Integrity

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or using another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. **Although you will often need to work with other students to collect data, lab write-ups are completed individually, NOT with others. All assignments are to be completed by the individual student unless otherwise specified. Do NOT share your lab write-ups with other students. If another student copies it, you have enabled cheating – both you**

and the other student(s) will be reported. Carefully read the information on quizzes and the final exam.

Analytical and critical thinking skills are learning outcomes of this course. Developing strong competencies in these areas, as well as writing, will prepare you for a competitive workplace. Therefore, AI-generated submissions are not permitted. The information derived from these tools is based on previously published materials. Therefore, using these tools without proper citation constitutes plagiarism. Additionally, be aware that the information derived from these tools is often inaccurate or incomplete. Ethics matter, and plagiarism is a serious academic offense!

Dropping and Adding

According to University policy, dropping this course after Sept. 16 is permissible for serious and compelling reasons beyond the student's control. Additional information is available at the Registar's web site at https://www.sjsu.edu/registrar/forms/index.php. The last day to add is Sept. 16; however, students who receive add codes should use them within 24 hours or the space and add code may be given to another student.

Recording in Class

"Common courtesy and professional behavior dictate that you notify individuals when you are recording them. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material." Recording any students during class activities requires permission of those individuals as well as permission from the instructor. Zoom lecture sessions may be recorded by the instructor and posted on Canvas.

Course Materials

"Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his or her approval." You may not publicly share or upload instructor-generated material for this course, such as exam or quiz questions, lecture notes, or hand-outs, without instructor consent. **You may not download, or take photos or screen shots of any exam or quiz question.** Doing so is a violation of the Academic Integrity Policy.

Expectations and Grading Policy

University Policy S16-9, states: "Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course-related activities, including but not limited to internships, labs, and clinical practica." **This is equivalent to 9 hours/week, including online lectures (1 hour/week) and in-person labs (4 hours/week).**

The University Attendance and Participation Policy F15-12 states, "Students are expected to attend all meetings for the courses in which they are enrolled as they are responsible for material discussed therein, and active participation is frequently essential to ensure maximum benefit to all class members . . . Attendance shall not be used as a criterion for grading."

The University grading policy can be found here: University Grading System Policy F18-5

Assignment of Grades

A plus = 96.5-100%	A = 92.5-96.4%	A minus = 89.5-92.4%
B plus = 86.5-89.4%	B = 82.5-86.4%	B minus = 79.5-82.4%
C plus = 76.5-79.4%	C = 72.5-76.4%	C minus = 69.5-72.4%
D plus = 66.5-69.4%	D = 62.5-66.4%	D minus = 59.5-62.4%
	F = 0-59.4%	

EVALUATION

Component	KIN PLO	CLO	% Earned	X	Points Possible	Points
Physical Activity Lab	1,2,4	1,4,7	85%	X	4	3.40
Joint ROM-Goniometry Lab	1,2,4	1,4,7	88%	x	4	3.52
Posture Lab	1,2,4	1,4,7	95%	x	4	3.80
Strength & Power Lab	1,2,4	1,4,7	83%	x	4	3.32
Balance Lab	1,4	1,4,7	91%	x	4	3.64
Anthropometric Lab	1,4	1,4,7	85%	x	4	3.40
Skinfold Lab	1,4	1,4,7	77%	x	4	3.08
BIA Lab	1,2,4	1,4,7	94%	x	4	3.76
Hydrostatic Lab	1,4	1,4,7	90%	x	4	3.60
Bod Pod & DXA Lab	1,2,4	1,4,7	95%	x	4	3.80
Health & Fitness Lab	1,2,4	1,4,7	95%	x	4	3.80
Spirometry Lab	1,2,4	1,4,7	82%	x	4	3.28
Assessment Project	1,2,4	4,5,6,7	83%	x	12	9.96
Competencies	1,4	1,2	95%	x	10	9.50
Quizzes	1,5	1,3,4,5,6	Avg = 82%	x	15	12.30
Final Exam	1,5	1,3,4,5,6	84%	x	15	12.60
TOTAL						**86.76 B plus**
0.5 and above rounded up; below 0.5 rounded down						

Your laboratory instructor will assign 70% of the points in the class. The lecture instructor will assign 30% of the points in the class (quizzes and final exam). **At the end of the semester, there will NOT be an option to do extra credit to raise your grade. You receive the grade that you earned** based on the "Assignment of Grades". For total points in the class, 0.5 and above is rounded up; below 0.5 is rounded down. Other than this, there is no "bumping up" of grades to pass the class. Points earned on each lecture quiz are posted on the lecture Canvas site throughout the semester. Points earned on each lab are posted on your lab Canvas site throughout the semester. There should be no surprises at the end of the semester. If you are performing marginally, **do better before the end of the semester!**

Labs & Assessment Project

Guidelines and forms are posted on Canvas. Due dates are posted on your lab Canvas site. All labs and the project should be submitted on Canvas by the due date and time. Most work must be typed; however, if hand-written work is accepted, it must be neatly done. Remember to proofread and check for completeness before turning in. Writing is important! Carefully check grammar, spelling, and syntax. **Remember: Although you may be working with others to collect data, lab write-ups and the assessment project are NOT group projects. The work you submit MUST be your own. Think carefully before jeopardizing your college degree by copying others' work or allowing others to copy yours.**

Points earned on labs and assignments may be reduced by 3% for each day late, including holidays and weekends. Students must speak with the instructor regarding assignments that are over 1 week late.

Competencies

Students will demonstrate competency in measuring:

- Joint range of motion (2%)
- Height (1%)
- Weight (1%)
- Circumferences (2%)
- Diameters (2%)
- Skinfolds (2%)

Grading on competency tests:

A (95%) = excellent technique (performed smoothly & with confidence), accurate results
F (50%) = poor or weak technique, significant errors, questionable data
0 points = did not attempt competency

Students earning less than an A grade (95%) will receive feedback and may, after further practice, retake the competency on another day – this is an attempt. If a student does not attempt a competency by the first deadline date, the score may be lowered one letter grade for each week, or part of a week, that the deadline is missed. The last day to complete all competencies is listed on the laboratory schedule. On the last day, a maximum of one competency may be attempted. There is ample time to complete competencies before the last day.

The highest grade possible on competencies is an A (not an A+). Therefore, the highest overall point total on competencies is 9.5 points. However, students who demonstrate exceptional professionalism (see "Professionalism" below) may earn an additional 0.5 pts, which will be added to their points for the competency testing. Thus, it is possible to earn up to 10 points on "Competencies" by demonstrating exceptional professionalism throughout the semester, including, but not limited to, competency testing.

Quizzes & Final Exam

- Quizzes and the final exam will cover theoretical background, use of equipment, data collection and interpretation, as well as corrective techniques. Once you start the quiz or final exam, there is a time limit to complete the quiz or exam. All quizzes and the final exam will be completed on Canvas. Quizzes will open at 9:00 am on Thursdays and close at 9:00 am the following Friday. Thus, there is a 24 hour window to complete quizzes. The final exam will be completed during the scheduled final exam time block – if you start late, you will not be given additional time. Make-ups are permitted only for illness and emergency (TRULY EXTRAORDINARY CIRCUMSTANCES) and usually require documentation. The student is responsible for notifying the instructor and making arrangements at the earliest possible time. All requests for make-up exams or quizzes will be evaluated on an individual basis.

- Since there is a 24 hour window to complete the online quizzes, forgetting, being delayed at work, no internet, or other issues are generally NOT acceptable reasons for a quiz to be reopened unless the student can document that these issues occurred for the entire 24 hour window that the quiz was open. **Suggestion:** Set a time each week for the quiz well ahead of the closing time. If you wait until the last hour and then lose your internet connection, accept the consequences – you will likely earn a 0 on that quiz, and it will be 1 of your 2 quizzes that are dropped.
- Quizzes and the final exam include true-false and multiple choice questions, as well as problems and calculations. There are 13 quizzes; the lowest 2 quiz scores will be dropped.
- You should be able to answer all questions without referring to your personal notes or material uploaded on the course Canvas sites. However, you MAY refer to these materials. It is recommended that you complete as many questions as possible before referring to these materials, and then you may look up answers you're unsure of within the time limit.
    - **These are materials you MAY access during quizzes and the final exam:** Materials uploaded to the KIN 157 Canvas lecture and lab sites and your personal notes. A study guide for the final exam will be posted on the Canvas lecture site.
    - **These are materials you may NOT access during quizzes and the final exam:** You may not text, email, phone, or consult with others or access other web sites or apps. Doing so is a violation of the University Academic Integrity Policy. Faculty are required to report infractions to the office of Student Conduct and Ethical Development, and appropriate sanctions will be taken. If you are unsure which materials are permitted and which are not, ask Dr. Plato before starting the quiz or exam.
- The grade you **EARN** should reflect **YOUR** knowledge and skills, **NOT** the knowledge and skills of others. **Carefully read the University Academic Integrity Policy S07-2 at** https://www.sjsu.edu/senate/docs/S07-2.pdf. **Earning your college degree is important -- think carefully before jeopardizing your degree!**

Professionalism

This is a professional preparation course. Students are expected to:

- Be prepared; arrive on time; actively and enthusiastically participate in all lecture and laboratory activities, including demonstrations and data collection.
    - Read the assigned material and view the prerecorded lectures before the online lecture class. Read the lab instructions BEFORE your lab class. Lab time will be used to present material and help students master techniques. Students are directed to this course syllabus and materials posted on Canvas for many of their procedural questions.
    - Bring required materials to class, including printed data sheets or an electronic device to record laboratory data.
    - Dress appropriately for scheduled laboratory activities.
- Enthusiastically serve as a client for others.
- PRACTICE, PRACTICE, PRACTICE techniques. Use your lab time effectively! Ask for guidance from instructor if having difficulty mastering a technique.
- Complete labs and assignments on time -- upload to Canvas before the due date and time.
- Use equipment properly. Clean and put away all equipment before leaving lab area.
- Keep lab clean. No food or drinks are allowed in the lab except covered beverages. If your beverage container sweats and leaves water on tables, you must clean it up.
- Adhere to the current SJSU health guidelines, including use of masks, if required. If masks are not required, some individuals may choose to continue wearing masks for personal reasons (e.g., health concerns or contact with individuals who are not eligible for vaccination).

If you are not feeling well, stay home! Notify your instructor who will make every effort to provide reasonable accommodations. However, reasonable accommodations do not include offering the lab in multiple formats, such as online and in-person. Students are expected to make up material they miss in a timely manner.

Students who consistently demonstrate professionalism, as described above, WILL be able to complete all lab assignments and competencies. Students who choose not to use laboratory time effectively may not complete all assignments and should not expect the instructor to ensure that they do. In a lab-intensive class, if you fall behind it may be impossible to catch up.

The most effective class results when EACH class member makes an INDIVIDUAL COMMITMENT to be an active participant in the teaching/learning process. Individual contributions and differing viewpoints will be appreciated and respected.

Proposed Lecture Schedule

Schedule is subject to change with fair notice. Changes will be announced in class, sent via mysjsu, and/or posted on Canvas.

All readings are posted on Canvas in each **LAB** module.

Date	Topics
Thurs., Aug. 21	Introduction & Class Overview
Thurs, Aug. 28	Physical Activity Assessment
Thurs., Sept. 4	Flexibility & Joint Range of Motion **Quiz 1: Physical Activity Assessment**
Thurs., Sept. 11	Posture Assessment **Quiz 2: Flexibility & Joint ROM**
Thurs., Sept. 18	Strength & Power Assessment **Quiz 3: Posture Assessment**
Thurs., Sept. 25	Balance Assessment **Quiz 4: Strength & Power Assessment**
Thurs., Oct. 2	Body Composition Assessment & Anthropometric Measurements (Height, Weight, Circumferences, Diameters) **Quiz 5: Balance Assessment**
Thurs., Oct. 9	Skinfolds **Quiz 6: Body Composition Assessment & Anthropometric Measurements**
Thurs., Oct. 16	Bioelectrical Impedance Analysis (BIA) **Quiz 7: Skinfolds**
Thurs., Oct. 23	Hydrostatic Weighing **Quiz 8: BIA**
Thurs., Oct. 30	Air Displacement Plethysmography (ADP or Bod Pod) & DXA **Quiz 9: Hydrostatic Weighing**

Date	Topics
Thurs., Nov. 6	Changing Body Composition **Quiz 10: Bod Pod & DXA**
Thurs., Nov. 13	Health & Fitness Assessment **Quiz 11: Changing Body Composition**
Thurs., Nov. 20	Pulmonary Function & Spirometry **Quiz 12: Health & Fitness Assessment**
Thurs., Dec. 4	Review **Quiz 13: Pulmonary Function & Spirometry**
Tues., Dec. 16 8:30-10:30 am	**FINAL EXAM**

Proposed Lab Schedule (MW lab)

Dates are when the lab is first introduced

*** Unless otherwise indicated, labs are due at 11:59 pm – see Canvas for specific due dates & times***

Date	Lab
Wed., Aug. 20	**No Lab**
Mon., Aug. 25	Introduction & Class Overview
Wed., Aug. 27	Physical Activity Assessment
Mon., Sept. 1	**Labor Day – Campus Closed**
Wed., Sept. 3	
Mon., Sept. 8	Flexibility & Joint ROM
Wed., Sept. 10	
Mon., Sept. 15	Posture Assessment
Wed., Sept. 17	
Mon., Sept. 22	Strength & Power Assessment
Wed., Sept. 24	**CT: Goniometry**
Mon., Sept. 29	Balance Assessment
Wed., Oct. 1	
Mon., Oct. 6	Anthropometric Measurements (Height, Weight, Circumferences, Diameters)
Wed., Oct. 8	
Mon., Oct. 13	Skinfolds
Wed., Oct. 15	
Mon., Oct. 20	Bioelectrical Impedance Analysis (BIA)
Wed., Oct. 22	**CT: Height & Weight**
Mon., Oct. 27	Hydrostatic Weighing

Date	Lab
Wed., Oct. 29	
Mon., Nov. 3	Air Displacement Plethysmography (ADP or Bod Pod) & DXA
Wed., Nov. 5	**CT: Circumferences or Diameters (Both are required competencies)**
Mon., Nov. 10	
Wed., Nov. 12	**CT: Skinfolds**
Mon., Nov. 17	Health & Fitness Assessment
Wed., Nov. 19	
Mon., Nov. 24	Pulmonary Function & Spirometry
Wed., Nov. 26	**No Classes**
Mon., Dec. 1	
Wed., Dec. 3	**DUE: Assessment Project**
Mon., Dec. 8	**Last Day for Competency Testing**

CT = Competency Test – **Deadline** for **first** attempt at the competency

Proposed Lab Schedule (TR labs, 9:30-11:20 am and 2:30-4:20 pm)
Dates are when the lab is first introduced

Unless otherwise indicated, labs are due at 11:59 pm – see Canvas for specific due dates & times

Date	Lab
Thurs., Aug. 21	**No Lab**
Tues., Aug. 26	Introduction & Class Overview
Thurs., Aug. 28	Physical Activity Assessment
Tues., Sept. 2	
Thurs., Sept. 4	Flexibility & Joint ROM
Tues., Sept. 9	
Thurs., Sept. 11	Posture Assessment
Tues., Sept. 16	
Thurs., Sept. 18	Strength & Power Assessment
Tues., Sept. 23	**CT: Goniometry**
Thurs., Sept. 25	Balance Assessment
Tues., Sept. 30	
Thurs., Oct. 2	Anthropometric Measurements (Height, Weight, Circumferences, Diameters)
Tues., Oct. 7	
Thurs., Oct. 9	Skinfolds
Tues., Oct. 14	
Thurs., Oct. 16	Bioelectrical Impedance Analysis (BIA)
Tues., Oct. 21	**CT: Height & Weight**
Thurs., Oct. 23	Hydrostatic Weighing

Date	Lab
Tues., Oct. 28	**CT: Circumferences or Diameters** (Both are required competencies)
Thurs., Oct. 30	Air Displacement Plethysmography (ADP or Bod Pod) & DXA
Tues., Nov. 4	
Thurs., Nov. 6	**CT: Skinfolds**
Tues., Nov. 11	**Veterans Day – Campus Closed**
Thurs., Nov. 13	Health & Fitness Assessment
Tues., Nov. 18	
Thurs., Nov. 20	Pulmonary Function & Spirometry
Tues., Nov. 25	**CT: Skinfolds**
Thurs., Nov. 27	**Thanksgiving – Campus Closed**
Tues., Dec. 2	**DUE: Assessment Project**
Thurs., Dec. 4	**Last Day for Competency Testing**

Proposed Lab Schedule (TR lab, 4:30-6:20 pm)

Unless otherwise indicated, labs are due at 11:59 pm – see Canvas for specific due dates & times

Date	Lab
Thurs., Aug. 21	**No Lab**
Tues., Aug. 26	Introduction & Class Overview
Thurs., Aug. 28	Physical Activity Assessment
Tues., Sept. 2	
Thurs., Sept. 4	Flexibility & Joint ROM
Tues., Sept. 9	
Thurs., Sept. 11	Posture Assessment
Tues., Sept. 16	CT: Goniometry
Thurs., Sept. 18	Strength & Power Assessment
Tues., Sept. 23	CT: Goniometry
Thurs., Sept. 25	Balance Assessment
Tues., Sept. 30	CT: Goniometry Due
Thurs., Oct. 2	Anthropometric Measurements (Height, Weight, Circumferences, Diameters)
Tues., Oct. 7	CT: Height & Weight
Thurs., Oct. 9	Skinfolds
Tues., Oct. 14	CT: Height & Weight Due
Thurs., Oct. 16	Bioelectrical Impedance Analysis (BIA)
Tues., Oct. 21	CT: Circumferences or Diameters
Thurs., Oct. 23	Hydrostatic Weighing

Date	Lab
Tues., Oct. 28	CT: Circumferences or Diameters
Thurs., Oct. 30	Air Displacement Plethysmography (ADP or Bod Pod) & DXA
Tues., Nov. 4	CT: Circumferences or Diameters Due (both are required competencies)
Thurs., Nov. 6	CT: Skinfolds
Tues., Nov. 11	**Veterans Day – Campus Closed**
Thurs., Nov. 13	Health & Fitness Assessment
Tues., Nov. 18	CT: Skinfolds
Thurs., Nov. 20	Pulmonary Function & Spirometry
Tues., Nov. 25	CT: Skinfolds Due
Thurs., Nov. 27	**Thanksgiving – Campus Closed**
Tues., Dec. 2	**DUE: Assessment Project**
Thurs., Dec. 4	**Last Day for Competency Testing**

Proposed Lab Schedule (Friday lab)
Dates are when the lab is first introduced

Unless otherwise indicated, labs are due at 11:59 pm – see Canvas for specific due dates & times

Date	Lab
Fri., Aug. 22	Introduction & Class Overview
Fri., Aug. 29	Physical Activity Assessment
Fri., Sept. 5	Flexibility & Joint ROM
Fri., Sept. 12	Posture Assessment
Fri., Sept. 19	Strength & Power Assessment
Fri., Sept. 26	Balance Assessment **CT: Goniometry**
Fri., Oct. 3	Anthropometric Measurements (Height, Weight, Circumferences, Diameters)
Fri., Oct. 10	Skinfolds
Fri., Oct. 17	Bioelectrical Impedance Analysis (BIA) **CT: Height & Weight**
Fri., Oct. 24	Hydrostatic Weighing **CT: Circumferences or Diameters** (Both are required competencies)
Fri., Oct. 31	Air Displacement Plethysmography (ADP or Bod Pod) & DXA **CT: Skinfolds**
Fri., Nov. 7	
Fri., Nov. 14	Health & Fitness Assessment
Fri., Nov. 21	Pulmonary Function & Spirometry
Fri., Nov. 28	**Campus Closed**
Fri., Dec. 5	**DUE: Assessment Project** **Last Day for Competency Testing**

CT = Competency Test – **Deadline** for **first** attempt at the competency