

## HP/W 430: Health and Human Performance Lab Assistant (3 cr.)

Fall 2016

### **General Information**

Instructors: Thomas Wetter, Ph.D.  
Office: CPS 224  
Phone: 346-3659  
Email: [twetter@uwsp.edu](mailto:twetter@uwsp.edu)  
Office Hours: T 9:00-10:30, W 1:30-3, and by appt.

Class Time: Thursday 1:00-2:30 (or a time to be arranged that we can agree upon)

Health/Fitness Assessment times will be assigned

Location: HHPLab (HEC 033)

### **Application Procedure and Requirements**

To be accepted for this practicum there will be a short interview and a one page biographical sketch that includes: the reason why you wish to be selected as a lab assistant and the personal skills and attributes that make you an ideal candidate for this position. You can also comment on your career goals, list professional or other organizations that you belong to, or include special accomplishments, awards or other honors. Current CPR certification is required prior to testing.

### **Overview:**

Students will conduct health/fitness assessments of the students enrolled in the Healthy American (HP/W 102) classes and other wellness classes as needed. Students will gain practical hands-on experience by conducting health and fitness testing and explaining the results of the tests to student clients. Other knowledge, skills and experiences such as developing research skills, developing and marketing programs, presenting and health coaching will be developed throughout the course. Approximately 25 hours of classroom time and 75 hours of lab testing time is required

### **Objectives:**

Upon completion of the practicum, students will:

- Demonstrate technically accurate health/fitness testing skills.
- Be able to explain the physiologic rationale for each test and its relationship to health.
- Be able to explain individual test results and suggest strategies for improvement.
- Demonstrate an awareness of diversity and be respectful of individual differences.

### **Texts & Other Print Materials**

#### **Required**

- ACSM's Health-Related Physical Fitness Assessment Manual – 4<sup>th</sup> Ed. 2014.

**Optional** – Although they are optional, the following book may be useful

- American College of Sports Medicine. Guidelines for Exercise Testing and Prescription. 9<sup>th</sup> ed.; 2013.
- The University Library and Dr. Wetter's personal library has books available to be checked out.
- Joining ACSM as a student is only \$10 for your first year and will provide you with lots of resources: <http://www.acsm.org/membership/who-should-join/students>

### **Lab work and pre-work**

- Students will need to pass ( $\geq 80\%$ ) a written knowledge and practical assessment skills exam in order to continue in the practicum
- Students will be scheduled for ~ 8-10 hours/week of lab shifts per week beginning ~ 4 weeks after the start of the semester and continuing for about 8 weeks

### **Special project work**

- You will be required to undertake a project during the semester and will present the outcomes of this project to the rest of the class. Examples include:
  - Developing a research project using the Healthy American Data
  - Marketing lab services to students, faculty, staff and community members
  - Creating informational brochures for the HA students or the lab
  - Offering group exercise courses to HA students
  - Offering Health coaching services to HA students
  - Providing specific testing for sports teams at UWSP

### **Evaluation**

Scale for grading is A = 100 points, B = 90 points, C = 80 points, D = 70 points, F= 60 or less

- Students must attend scheduled classes.  $\leq 1$  absence=A, 2=B, 3=C, 4=D,  $\geq 5$ =F. (10%)
- Students must show up for scheduled lab hours. No misses = A, one miss = B, two miss = D (50%). If you miss three times you will be given an F for the course.
- Special project (30%)
- Final reflection (10%)

Professional Behavior and Client Confidentiality will be expected