

KSS 3700 - Exercise Evaluation and Testing

Fall 2026 Syllabus, Section 01, CRN 40805,

Credit hours: 4

Instructor

Tyler Singer

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Public Instructor Information

Instructor Title: Dr. Tyler Singer

Instructor Professional Qualifications: *Ph. D., Exercise Physiology, Kent State University*

Master's, Kinesiology, Indiana University of Pennsylvania

Bachelor's, Exercise Science, Indiana University of Pennsylvania

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Course Description

3700. Exercise Evaluation and Testing . Theory and practice of pre-exercise evaluation, exercise testing, and results interpretation for generally healthy populations, according to American College of Sports Medicine (ACSM) guidelines. Includes a minimum of 30 hours of field experience. Prereq.: Major, KSS 3710 and KSS 3710L. 4 s.h.

Course Readings

Group	Title	Author	ISBN
Required	ACSM's Guidelines for Exercise Testing and Prescription, 12th Ed	Lippincott, Williams & Wilkins.	

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Fall 2026

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Chapter 1: Guidelines Book	Syllabus Chapter 1: Benefits and Risks Associated with Physical Activity	
8/31		Career Objectives Certification information Introduction to blood pressure	
9/7		Pre-exercise evaluations Risk Factors Signs and symptoms Body Composition	Quiz 1
9/14		Metabolic Equations	Quiz 2
9/21		Metabolic Equations ACSM Equations Cardiac Drugs	Quiz 3
9/28		Exercise in hot and cold environments Cardiovascular Sub-max Testing Basic Physiological changes with sub-max testing	

10/5	Review For midterm Midterm Evaluation	Midterm Blood Pressure Check #1
10/12	ACSM Position Stands Continue Cardiovascular Sub-max Testing	ACSM Position Stand paper #1 Blood Pressure Check #2
10/19	Continue Cardiovascular Submax testing Introduce muscular tests	Quiz 4
10/26	Continue Muscular Testing	Case Study #1 Blood Pressure Check #3
11/2	Independent Practice week both cardiovascular testing and muscular testing Skinfold Practice Blood Pressure, Heart rate practice	Case Study #2
11/9	ACSM Position stands Pulmonary Drugs	ACSM Position Stand #2
11/16	Absolute and Relative contraindications to exercise Practice cardiovascular and muscular testing	Case Study #3
11/23	Review for both written and practical exams	Case Study #4
11/30	Practical Exams	Practical Exam Case Study #5
12/7	Finals Week	Final Exam

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.