

## KSS 3700 - Exercise Evaluation and Testing

### Summer 2026 Syllabus, Section 01, CRN 30485,

Credit hours: 4

## Instructor

**Tyler Singer**

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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Communication Expectations:

I will respond to your emails within 24 hours.

How to Refer to me:

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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 & Prescription, 12th Ed. 2021 | Liippincott |      |

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

## Schedule of Topics and Assignments

| Week of | Reading(s)                                                                                                           | Proposed Topic | Due/To Prepare for Class                                             |
|---------|----------------------------------------------------------------------------------------------------------------------|----------------|----------------------------------------------------------------------|
| 5/11    | Syllabus, Risk factors, Signs and symptoms, exercise pre-participation screening, Skin Fold, Metabolic equations     |                | Quiz 1, Case study 1                                                 |
| 5/18    | Cardiovascular Testing YMCA cycle test, Ebbeling Treadmill Test, Queens college step test. Introduce Blood Pressure. |                | Quiz 2, Case study 2, metabolic equation #1, Blood Pressure Check #1 |
| 5/25    | (NO CLASS MONDAY MAY 25th!) Cardiac drugs Muscular Testing Pushup test, Sit-up test, handgrip test Midterm!          |                | Quiz #3, Case Study #3, Blood Pressure Check #2                      |



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|------|--------------------------------------------------------------------------------------------|---------------------------------------------------------|
| 6/1  | Exercise in Hot / Cold Altitude Practice cardiovascular tests. Introduce Heart rate checks | Quiz #4, Case Study #4, Metabolic Equations #2, Midterm |
| 6/8  | Certification Information. Practice Muscular Tests                                         | Quiz #5, Case Study #5, Blood pressure Check #3         |
| 6/15 | Prepare for practical. No Class Friday 19th!                                               | Blood Pressure Check #4, ACSM Paper #2                  |
| 6/22 | Review for Final Exam and Practical<br>Practical (6/24) / Final Exam (6/26)                | Practical Exam, 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.