

**THE UNIVERSITY OF WESTERN ONTARIO
FACULTY OF HEALTH SCIENCE
SCHOOL OF KINESIOLOGY
GROUP FITNESS Kin 2907T (001)**

Instructor: Jan Hill Email: jmfletcher@uwo.ca
Class Hours: Mondays 8:30

Written Exam (30%)

The final exam is a 2 hour written exam in the final week of the course. It will be given during class time and the date and room will be assigned near the end of the course. The exam is based on all of the material covered in the course and is point form and short answer.

Participation Mark (20%)

COURSE CONTENT

WEEK 1:

Mon. **HiLo Class.**

Introduction to Group Fitness classes through a sample class

Course overview

Refer to reading list for recommended reading

Wed. **Cycling**

Introduction to a cycling class and notes on cycling

Fri. **Muscular Conditioning Class 1**

An introduction to the equipment and techniques used in weight training in a group setting

WEEK 2:

WEEK 4:

Mon. **Group Practice**

Begin Group Practice, establish groups for presentations
Assign components to be taught for each member
Begin to work on written "Lesson Plan" for presentation (due on Fri.)

Wed. **Group Practice and Discuss Marking Scheme**

Meet with each component and discuss marking scheme
Continue group work and lesson planning

Fri. **Group Practice**

Lesson Plan Due!

Assignment Due!

Exam Review

WEEK 5: **attendance is required

Mon.

Wed. **Group Presentations (2)**

Fri. **Group Presentation (1)**

WEEK 6:

Mon. **Group Presentations (2)**

Wed.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with school policy.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that