

Western University  
Faculty of Health Sciences  
School of

## **COURSE CONTENT**

Information and research in the area of exercise for specific populations will be covered. Specific populations considered will be pregnancy, older adults, children/adolescents, and obese populations.

### Topic

Weeks 1-3	Course Intro/Pregnancy
Weeks 4-7	Older Adults
Weeks 8-9	Children and Adolescents
Weeks 10-11	Obesity
Weeks 12-13	Group Presentations

\*\*\*See course schedule below for more details\*\*\*

## **SPECIAL COURSE DATES**

Sept 8: Classes begin

Oct 10: Thanksgiving = NO CLASS

Oct 27-28: UWO Fall Study Break = NO CLASS

Thurs Nov 29 & Fri Nov 30: Group Presentations

Tues Dec 6: FINAL EXAM (in class)

## **Attendance**

Since group work and cooperative learning is a key aspect of this course, active participation in each class is **mandatory**. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to attend class and assist his/her classmates by providing feedback regarding error detection/correction.

1. If unable to attend class or either portion of the exam for medical, compassionate, academic or varsity reasons, the student must collect the appropriate documentation from the Kin Undergraduate Office, who will then forward the information to the Course Instructor.
2. **absence.**
3. There is no make-up for missed classes.
4. If you miss class on the day you are scheduled to present, you will lose marks for the

### **COURSE/STUDENT EVALUATION:**

15%: Three Experiential Exercise Class Summaries (Pregnancy/Older Adults/Youth) worth 5% each (submission dates are posted on OWL Calendar).

15%: Group presentations on Specific Population (in class).

15%: Lead a Group Fitness Class for each Specific Population 3 classes worth 5% each (done in groups of 4-6).

5%: Participation (attendance, peer evaluations, etc.)

20%: Midterm

- Questions will be a mix of multiple choice, short and long answer.
- **Tuesday, October 25<sup>th</sup> (in class)**

30%: Final written exam

- Questions will be a mix of multiple choice, short and long answer.
- **Tuesday, December 6<sup>th</sup> (in class)**

**\*\*\*NOTE:** In keeping with the Freedom of Information and Privacy Act, all student grades are regarded as strictly confidential between each student and the course instructor. All grades will be posted for each student on WebCT/OWL; full course grade statistics, the number of etc will also be posted but each student will only be able to view his/her grades.

### **COURSE SCHEDULE (TENTATIVE)**

Intro Week Sept 8-9  
Sept 8

Week 5 Oct 11-14 (Older Adults)  
Oct 11 NO CLASS: OA Field Trip (students complete on own time)  
Oct 13 NO CLASS: OA Field Trip (students complete on own time)  
Oct 14 Guest Speaker: Canadian Centre for Activity & Aging

Week 6 Oct 18-21 (Older Adults)  
Oct 18 Practical (TH gym)  
Oct 20 Practical (TH gym)  
Oct 21 Guest Speaker: Cardiac Rehab

Week 7 Oct 25-27  
Oct 25 Midterm Exam (in class)  
Oct 27 NO CLASS

Week 8 Nov 1-4 (Child & Youth)  
Nov 1 Guest Speaker: Physical Literacy  
Nov 3 Child and Adolescent Theory I  
Nov 4 Child and Adolescent Theory II

Week 9 Nov 8-11 (Child & Youth)  
Nov 8 NO CLASS: OA Field Trip (students complete on own time)  
Nov 10 NO CLASS: OA Field Trip (students complete on own time)  
Nov 11 Guest Speaker: Revolution Conditioning

Week 10 Nov 15-18 (Child & Youth)  
Nov 15 Practical (TH gym) Ages 0-11  
Nov 17 Practical (TH gym) Ages 12-17  
Nov 18 Guest Speaker: TBA

Week 11 Nov 22-25 (Obesity)  
Nov 22 Obesity Theory I  
Nov 24 Obesity Theory II  
Nov 25 Guest Speaker: The Canadian Obesity Network

Weeks 12 Nov 29-Dec 2  
Nov 29 Group Presentations  
Dec 1 Group Presentations  
Dec 2 Group Presentations & Exam Review

Week 13 Dec 6:  
Dec 6 Final Exam (in class)  
Dec 8 No Class -- Study Day

### **Makeup Exams**

You must have a valid medical or compassionate reason for missing a scheduled examination, and documentation for your absence must be filed with the main office of the School of \_\_\_\_\_ on below for information pertaining to accommodation for medical illness or non-medical absences).

Retroactive accommodation (i.e., for exams that have been written) will not generally be granted, nor will last minute requests for extensions/make-up exams. Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled within one week of the originally scheduled exam. Please note that makeup examinations will

## **Accommodation for Medical Illness or Non-Medical Absences**

is/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk

## **Cellphones and Similar Devices:**

Cellphones and similar devices, must be on silent (not just vibrate) during classes unless specific permission is sought for emergency purposes in a given class. Text messaging/Facebooking etc. is NOT permitted during class. If you MUST utilize your cell phone during class time for emergency situations, you need to communicate this with the instructor BEFORE class begins. If a student is found using any of these devices in class, he or she may be asked to leave the class.

## **Course Website (OWL Sakai)**

All students in this course need to use OWL to access resources used in this course such as PowerPoint (lecture) handouts, additional handouts and/or readings, and this course outline. Students are responsible to check the OWL site regularly for this course for updates and announcements. Additionally, due to changes in privacy legislation, grades will only be provided to you through the course website. I will not, under any circumstance, convey grades via email or over the phone.

OWL is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or <https://servlet.uwo.ca:8081/helpdesk/index.jsp>.

## **Contact/Questions**

All questions regarding course content should be posted on OWL Sakai forums. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exam; and (3) the final exam. You have the ability to edit and delete your own posts. The instructor can also delete posts that are deemed to be

number of topics.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-  
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use proper grammar and punctuation when posting and e-mailing. You are also expected to respect your peers, and instructor in any discussion/forum. Students who do not act accordingly have the potential of losing website privileges. **Please note that you must use your UWO email address for all correspondence regarding this course.**

## **ADDITIONAL STATEMENTS**

### **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 The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions



**\*\*\*Plagiarism Policy:** Excerpted from Senate Regulations:

: Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence

