Western University

x 15%: Three Experiential Exercise Class Summaries

(Pregnancy/Older Adults/Youth) worth

- 5% each (submission dates are posted on OWL Calendar).
- x 15%: Lead a Group Fitness Class for each Specific Populatorlasses worth 5% each (done in groups of 4-6).
- x 15%: Group presentations on Specificopulation (in class).
- x 5%: Participation (discussion, class participation, attendance, peer evaluations, etc.)
- x 20%: Midterm (multiple choice, short and long answer.) Thursday, March (2) class)
- x 30%: Final exam (multiple choice, short and long answer.) Thursday, Aprilin class)

ATTENDANCE

Since group work and cooperative learning is a key aspect of this course, active participation in each class ismandatory. 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 toattend class or either portion of the exam for medical, compassionate, academic or

If a member of your immediate family is seriously ill, obtain a medical certificate from the family

Week 6 ±Feb 1317 (Older Adults)

Feb 14 Practical (TH gym)

Feb 16 Practical (TH gym)

Feb 17 NO CLASS

*** READING WEEK: Feb 20 -24 inclusive ***

Week 7 ±Feb 27March 3

Oct 25 Exam ReviewStudy Period

Oct 27 MIDTERM EXAM (in class)

Week 8 ±March 610 (Child & Youth)

March 7 Guest Speaker: Physical Literacy

March 9 Child and Adolescent Theory I

March 10 Child and Adolescent Theory II

Week 9 ±March 1317 (Child & Youth)

March 12 NO CLASS: OA Field Trip (students complete on own time)

March 14 NO CLASS: OA Field Trip (students complete on own time)

March 15 Guest Speaker: Revolution Conditioning

Week 10 ±March 2024 (Child & Youth)

March 21 Practical (TH gym)±Ages 011

March 23 Practical (TH gym)±Ages 1217

March 24 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 29Dec 2

Nov 29 Group Presentations

Dec 1 Group Presentations

Dec 2 Group Presentiatns & Exam Review

Week 13 ±Dec 6:

Dec 6 Final Exam (in class)

Dec 8 No Class-- Study Day