

Western University
 Faculty of Health Sciences
 School of Kinesiology

**KIN 3962B – Bike Trip in Provence, France
 2016/17**

Trip Date: May 1-15, 2017

Instructor:	A. Salmoni	Office:	TH3159b
Location:	TBA	Office Hours:	anytime upon request
Lectures:	Mondays 7-10 pm	Phone:	519-661-3541
Size:	32 students	Email:	asalmoni@uwo.ca

Other Instructors

Paul Davenport President Emeritus, Western
 Michelle Harvey Coordinator Fitness and Wellness Campus Rec
 Natascha Wesch Consultant
 Matt Heath Kin prof

Course Description: The course is designed to provide a participation-based multidisciplinary learning experience organized around recreational biking. Learning experiences emphasized include group leadership skills, culture and history of France, trip planning and safety management, personal growth, engagement in multidisciplinary activities designed to promote participation and fun.

Prerequisites: enrolment in the third year of any program at Western, 0.5 course

Riding fitness & skill: Bikers must have at least moderate biking skill (i.e., you could ride a bike down Richmond St. feeling confident and being safe) and fitness. We will travel on some busy highways and over some hilly terrain.

Course Format:

The course has two components: the pre-trip classes which extends from January to April and the trip (May 1 – 14th) in France. During the pre-trip phase various preparatory components will be provided to the participants to prepare for and enhance the trip experience. In-class pre-trip classes will be held weekly (**attendance at most of these classes is mandatory**). Topics to be covered will/may include: trip planning and safety, fitness and nutrition for biking, a general history of France, the geography of the area, wine growing and making, French literature, French art, artefacts to be seen in churches and chateaux (e.g., stain glass, tapestry, furniture, art), and architecture. **Some days of the trip in France are hilly and require a level of aerobic fitness:** a spin class will be held once per week from 9-10 pm at the end of each lecture block from 7-9 pm. **Students**

should come to class changed for spin class so we can start spin class right after the lectures. Starting in January students are expected to attend a minimum of two spin classes per week from January to April.

Perhaps the biggest challenge for some students will be your bike riding skill. If you have not ridden a bike for several years or you have never ridden a bike then outdoor lessons in March are mandatory. We will arrange some times for these practice sessions. Spin classes will not be sufficient if your riding skills are weak.

In France during the 7-day bike portion of the trip, each day will begin with a safety briefing and route review, followed by the trip for that day, and back at the hotel in the evening for dinner, followed by group discussions. The nightly discussions will deal with experiences of the past day (personal growth, leadership, safety/risk management, sites seen, new friends made).

At the conclusion of the class in France, some students may wish to extend their stay in Europe. This is not a problem

Learning Objectives:

1. Using a participatory process including mentoring, experience, and self assessment, provide students with the opportunity to gain leadership skills.
2. Provide an experience where the creation of fun-based physical activity is emphasized providing a unique way to see a country.
3. Provide the opportunity to learn about French culture first hand.
4. Learn to respect and appreciate others and other cultures.

Required Course Material: n/a

Course Evaluation Summary: (this is an example)

1. Pre Trip group presentation on Chateaux/Churches we will visit on bike portion	20%
2. Pre trip group presentation on famous people we on the bike trip portion, with a very well done one page fact sheet with picture(s) (in pdf format when sent to A. Salmoni)	40%
3. Pre trip group presentation on Paris sites to see with a very well done one page fact sheet with picture(s) (in pdf format when sent to A. Salmoni)	20%
4. Spin class attendance (0.5% per class to a maximum of 10 marks)	10%
5. Self evaluation based on learning objectives for course	10%

Presentations outlined in pptx presentation by A. Salmoni

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.

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