

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 2992Y - Fitness Assessment and Strength Training
Fall 2020/Winter 2021**

<p>Instructor: Molly Driediger Office: Arts & Humanities Bldg 3G22 Email: mdriedig@uwo.ca Phone: 519/661-2111 x 85078 Office Hrs: Available to chat or meet on Mondays 12:30-1:30 pm and T, W, Th, F from 9:30-10:30 am on Microsoft Teams. Virtual meetings may be scheduled as required.</p> <p>Winter TAs: Shayla Bolduc sbolduc4@uwo.ca Abraham Campbell acamp48@uwo.ca Salman Choudhry schoudhr@uwo.ca Tamia Cooper-Evelyn tcoopere@uwo.ca</p>	<p>Lectures: 1st Term Online 2nd Term Online</p> <p>Instruction Mode: Online</p> <p>Labs: 1st Term - Online 2nd Term - Online</p>
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly (daily) for

[Kinesiology 2961A/B.](#)

Prerequisite(s): Completion of the first year Kinesiology program and registration in the School of Kinesiology.

Extra Information: 5 lecture/laboratory hours.

Week 6 (Feb. 15-19)	READING WEEK no labs
Week 7 (Feb. 22-26)	Primary movements hip hinge, squat
Week 8 (Mar. 1-5)	Weekly workout: RT endurance & cardiorespiratory
Week 9 (Mar. 8-12)	Weekly workout: RT strength & cardiorespiratory Testing for primary movements
Week 10 (Mar. 15-19)	Weekly workout: RT hypertrophy & cardiorespiratory Testing for primary movements
Week 11 (Mar. 22-26)	Performance - power, speed and agility Testing for primary movements
Week 12 (Mar. 29-Apr. 2)	Good Friday April 2nd Testing for primary movements
Week 13 (Apr 5)	Testing for primary movements Assignment # 2 due Friday April 9th
Week 14 (Apr 12)	Last day Apr. 12th (Monday)

Required Course Material/Text:

All required readings and online activities will be posted on OWL in Weekly Lessons.

Course Evaluation:

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. **Submitting a late assignment without appropriate documentation will result in a zero (0) grade.** Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

Evaluation

Value

Description(en-US)

		Gradescope will be used to administer the quizzes. Each will be worth 10% of the final mark.	
Lab participation (winter)	10%	<p>Students will be required to participate in weekly assigned tasks.</p> <p>Students will work in partners to participate as both trainer and client to fulfill the task and learning objectives for the week. Microsoft Teams will be used to facilitate online collaboration.</p> <p>*There is the potential for students to work to deliver online coaching for individualized exercise programs. This will be included as part of <i>lab participation</i> as the situation with community organizations permits.</p>	TBD
Assignment # 1: client history and assessment	10%	Students will be required document a history, subjective and objective assessments, and exercise goals. A draft program plan will be developed.	

