

Western University  
Faculty of Health Sciences  
School of Kinesiology

KIN 2993Y - Lifestyle, Individual, Fitness & Exercise  
Fall 2020/Winter 202 1

<p>Instructor: Molly Driediger Office: Arts &amp; Humanities Bldg 3G22 Email: <a href="mailto:mdriedig@uwo.ca">mdriedig@uwo.ca</a> Phone: 519/661-2111 x85078 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: Michael Marsala <a href="mailto:mmarsala@uwo.ca">mmarsala@uwo.ca</a> Karmen Mohindru <a href="mailto:kmohindr@uwo.ca">kmohindr@uwo.ca</a> Sarah Young <a href="mailto:syou48@uwo.ca">syou48@uwo.ca</a> Sandra Stec <a href="mailto:stec3@uwo.ca">stec3@uwo.ca</a></p>	<p>Online 2<sup>nd</sup> 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 course announcements.

<p>Calendar Course Description (including prerequisites/anti-requisites): This course is an introduction to knowledge and techniques essential in designing exercise programs promoting individual active lifestyles. Using a variety of common exercise types, students will put into practice techniques to educate and motivate individuals to adopt an active healthy lifestyle to promote optimum health for all ages.</p> <p>Antirequisite(s): <a href="#">Kinesiology 2980A/B</a> (if taken in 2018-19); <a href="#">Kinesiology 2940Q/R/S/T</a>; <a href="#">Kinesiology 2941Q/R/S/T</a>.</p> <p>Prerequisite(s): Completion of the first year Kinesiology program and registration in the School of Kinesiology.</p> <p>Extra Information: 2.5 lecture/laboratory hours per week.</p>
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You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enrol in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

#### My Course Description

This is a student-centered activity course. It is an introduction to the theory and techniques that form the foundation for designing physical activity and exercise programs to promote active lifestyles for individuals across the lifespan. Students will gain practical experience by engaging in various exercise classes online and within fitness settings (pandemic situation dependent). Students are



Week 4 (Sept. 28-Oct. 2)	Physical activity interventions Exercise interventions
Week 5 (Oct. 5-9)	Self-presentation in exercise settings
Week 6 (Oct. 12-16)	Music and exercise
Week 7 (Oct. 19-23)	History of group fitness
Week 8 (Oct. 26-30)	Fundamentals of group exercise instruction
Week 9 (Nov. 2-6)	READING WEEK
Week 10 (Nov. 9-13)	Technique fundamentals Safety
Week 11 (Nov. 16-20)	Warm-up/cool-down
Week 12 (Nov. 23-27)	Group exercise types: Aquafit
Week 13 (Nov. 30-Dec.4)	Methods of program delivery (pivoting to virtual delivery)
Week 14 (Dec. 7-9)	Overview of winter term course topics and delivery method

WINTER TERM (tentative and subject to change based on COVID-19 situation)

Week	Topic
Week 1 (Jan. 11-15)	Team creation Elements of online exercise delivery
Week 2 (Jan. 18-22)	Equipment & Safety Technique fundamentals
Week 3 (Jan. 25-29)	Movement patterns and exercise variations Regressions, progressions and modifications
Week 4 (Feb. 1-5)	Warm-up & Cool-down Flexibility <b>Assignment # 1 ±class plan Due Friday Feb. 5th</b>
Week 5 (Feb. 8-12)	Communication and music Conditioning



		used to administer the quizzes. Each will be worth 10% of the final mark.	
Lab participation (winter)	20%	Students will be required to engage in weekly tasks and student-led exercise videos.  Students will work collaboratively to develop components of group exercise classes that they will deliver to peers using Microsoft Teams.	TBD
Assignment: Exercise class plan	10%	In teams, students will be required to plan an exercise class that they will ultimately deliver as a video.	Fri. Feb. 5 <sup>th</sup>
Presentation: Exercise class delivery	20%	Teams will deliver a 30-min online exercise class.	Weeks 8-13

#### Course/University Policies

##### 1. Statement on Use of Personal Response Systems (“Clickers”)

If Personal Response Systems are used in this course, their use (Guidelines are shown below). Instructors are to communicate clearly to students

during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

4. Health and Wellness:

Information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

5. Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health & Wellness -- <http://www.health.uwo.ca/>
3. -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

6. Accommodation, Illness Reporting and Academic Considerations :

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

student's Home Faculty.

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences](#) -

of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor

10. Online Etiquette : Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

**Classroom Etiquette**

please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)

ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material

to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise

[suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak

[suggested for cases where video is used] please be prepared to turn your video camera off

unless invited by your instructor, do not share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

if you wish to speak, you before beginning your comment or question

remember to unmute your microphone and turn on your video camera before speaking

self-identify when speaking.

remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

**\* Appropriate Online Posting**

Keep in mind the different cultural and linguistic backgrounds of the students in the course.

Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.

Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment.

<sup>3</sup>) **Be appropriate.**

Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

## 11. 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 may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit

<https://www.uwo.ca/univsec/pdf/board/code.pdf>