

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 2994Y - Specific Populations, Healthy Engagement, Rehabilitation and Exercise  
Fall 2021**

**Instructor:** Dr. Molly Driediger  
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**Overarching Course Objective:**

Everyone needs to move to be healthy. All individuals have the right to engage in accessible, safe, and effective physical activity.

**Learning Outcomes/Schedule:**

Upon completion of this course, students will be able to:

1. Summarize and apply **health behaviour change theories** and **psychological strategies** to promote the initiation and maintenance of physical activity among individuals representing specific populations.
2. Recognize and implement the applicable **Physical Activity Guidelines** when designing conditioning programs for individuals from select populations.
3. Source, interpret, **critically appraise**, and discuss physical activityheat11.5

Weekly tasks during virtual delivery:

- a) Pre-lab preparation via online asynchronous micro-lectures using student developed lecture clips. These will be posted within the specified channel on MS Teams.
- b) Online discussion information will be posted in OWL within the Weekly Lessons. There are four posts (original and response) during the winter term. The first date has changed to accommodate later start of semester.
- c) Mandatory attendance and participation during scheduled lab time on virtual meeting using MS

Safety and

Week 1  
(Jan. 10-14<sup>th</sup>)

New format  
review

Video example  
(posted in OWL  
Weekly  
Lessons)

**ONLINE: MS  
Teams meeting  
at scheduled  
lab time**

**Online lab  
attendance -  
meet with TA  
during  
scheduled lab  
time on MS  
Teams**

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(Feb. 21-25 <sup>th</sup> )				
Week 8 (Feb. 28-Mar. 4 <sup>th</sup> )	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led activity	Lab attendance  <b>QUIZ # 2 (Wed)</b>
Week 9 (Mar. 7-11 <sup>th</sup> )	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led activity	Lab attendance  <b>Fundamental Movement Skill Video (Friday)</b>
Week 10 (Mar. 14-18 <sup>th</sup> )	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led activity	Lab attendance  <b>Post to Teams– online discussion</b>
Week 11 (Mar. 21-25 <sup>th</sup> )	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led activity	Lab attendance
Week 12 (Mar. 28-Apr. 1 <sup>st</sup> )	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led activity	Lab attendance

Students are expected to be prepared and on-time for their scheduled lab, to demonstrate effortful engagement and professional and collaborative conduct.

The grading scheme will be posted on OWL.

\*If in-person is not possible due to the COVID-19 situation, students will be responsible for completing

		Olympics athletes a fundamental movement skill.		
<b>Fundamental Movement Skill Video</b>	10%	In groups, students will record and present a 10-minute video to introduce a fundamental movement skill, provide skill instruction, and apply the skill within an engaging activity.	4, 5, 6, 8	<b>Friday March 11<sup>th</sup></b>
<b>Specific Population Lecture Clip</b>	10%	In groups, students will be required to create a short lecture clip to introduce and review exercise prescription for their selected population. Students will supply at least one resource and/or scholarly article to support the content delivered.	1, 2, 3, 4, 5	<b>Friday December 3<sup>rd</sup> I.6</b>

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B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

### 3. **Electronic Device Usage:**

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart wat wsi

assignments and fulfill the course objectives. If you are absent from lab, you will need to make up the missed work. Contact your instructor for direction. **8 (h)1 B(03 (E-31b) 0.00 Tw -4.000 852e411,m.3 ( 8 .2t72.a(h)11**

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-**



[suggested for cases where video is used] please be prepared to turn your video camera off at the instructor's request if the internet connection becomes unstable 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, use the "raise hand" function and wait for the instructor to acknowledge 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)

General considerations of "netiquette":

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. "Flaming" is never 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>

#### 12. **Masking Guidelines**

Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom (and WSRC) as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation. Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks. Students unwilling to wear a mask as stipuure roo(s)1 ( 6s(s)1)12.4 (k (i)-4nCdent)6.3v

by a minimum of 72 hours. This testing may be done either on campus, in the UWO Vaccination and Testing Centre, or by a third-party licensed pharmacist/practitioner approved by the University, who shall administer the test and submit the testing results directly to the University. Further details on the vaccination policy may be found in MAPP 3.1.1, available here:

[https://www.uwo.ca/univsec/pdf/policies\\_procedures/section3/mapp311\\_covid19.pdf](https://www.uwo.ca/univsec/pdf/policies_procedures/section3/mapp311_covid19.pdf)

Individuals who fail to comply with testing requirements, or who misrepresent their vaccination status, will face academic sanctions up to and including expulsion.