

Learning Outcomes :

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

1. Understand the Canadian 24-h Movement Guidelines and apply them to provide health-centered exercise prescriptions.
2. Conduct a thorough client history and evaluate a client's readiness to participate in exercise through the collection of subjective and objective fitness assessment protocols.
3. Evaluate fitness assessment data to inform individualized exercise.
4. Understand the components of an exercise prescription, including key parameters and components of a workout, and how to incorporate principles of overload, progression, specificity, and individualization.
5. Communicate evidence-informed exercise training principles in clear non-technical language to a "lay" audience without a background in kinesiology.
6. Formulate and communicate effective constructive feedback to coach other individuals through a variety of exercises based on the primary movement patterns.
7. Apply goal setting theory and program design concepts to individualized conditioning programs to improve the following: muscular endurance, strength, hypertrophy, power, speed and agility and cardiorespiratory fitness.
8. Summarize, apply,

located across the hall from TH 2100 or use any of the stalls in the gender-neutral washrooms located throughout Thames Hall.

Outdoor shoes and bags will not be allowed in the lab space. Bring a lock to secure your belongings in one of the lockers located in the hallway beside TH 2100. Note: To allow for all KIN students to access these lockers during labs, the contents must be removed at the end of each lab. THERE IS NO FOOD OR DRINK in labs.

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

Safer space: I wish to foster a respectful learning space where all students feel welcome and comfortable to ask questions, share ideas and diverse perspectives. I expect students and instructors to be respectful and supportive of each other.

Required Course Material:

There is no textbook for the course.

Course Evaluation:

Due dates are provided below and will be communicated on OWL Brightspace. Assigned work, including formal assignments and lab work doc7 (a)-9.8 (t an)113cu ()-103er erg ftuelid t.lit anse anfpec9 (e a5 (er)3

Course/University Policies

1. The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with policy, the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the Academic Calendar (westerncalendar.uwo.ca).

advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student's Home Department and Faculty.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses

8. Support Services

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.

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

Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>

Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

9. 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>