



**KIN 2992B - Fitness Assessment and Strength Training (FAST)**  
**Winter**

applied to evidence-informed training principles to optimize muscle adaptation to strength training, including prescription parameters, ergogenic aids, and periodization. Through scenario-based laboratory experiences, students will learn to properly execute and safely coach novice exercisers through the primary movement patterns. In combination with an introduction to theory, students will be expected to learn and implement techniques used to develop muscular endurance, strength, hypertrophy, power and cardiorespiratory fitness.

**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 protocol**.
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 and communicate** the role of ergogenic aids and other novel concepts in the fitness industry.

**Course Schedule:**

Week	Lecture Topic	Lecture Date	Lab Topic
Week 1			

submission of documentation. If a student is absent for more than two labs, they are required to submit formal documentation and obtain accommodations through a Kinesiology academic

principle and generate an infographic to communicate the importance of that principle for exercise program design. The infographic will be framed to a general audience of exercisers, so although it is expected to reflect the science of the principle,

that may indicate cheating.

### **3. Use of Electronic Devices**

**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 electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during



6. **Online Proctoring**  
bel.7 (hio)-( )2( w)13.

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 31<sup>st</sup> (for first-term half courses) or June 30<sup>th</sup> (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>