



## **My Course Description**

Note: Specific course content is subject to change based on the composition of the class and the stated career ambitions of students. This will be covered on day one, and the final course outline will be prepared and circulated via Brightspace.

## **Draft Course Description**

Kinesiology is an exciting area of study with many exciting career opportunities available to graduates who have prepared themselves strategically and effectively. The content covered in this class will assist students on their exciting professional journey. Students will learn about the opportunities in traditional kinesiology areas (e.g., public and private organizations, professional schools, etc.) as well as new and emerging areas in entrepreneurial ventures, start-ups, and other non-traditional areas of professional practice. They will also learn how to best position themselves for success in realizing their career objective. Topics covered in this course include leader development, leadership best practices, organizational communication and networking, building and acting on a professional strategic plan, heightening your personal brand through technology, leading change as a member and/or leader of an organization, and current issues and opportunities facing kinesiology graduates.

Note: All course material will be posted to OWL Brightspace: <https://westernu.brightspace.com/>. If students need assistance with OWL Brightspace, they can seek support on the [OWL Brightspace Help](#) page. Alternatively, they can contact the [Western Technology Services Helpdesk](#) online or by phone at 519-661-3800 or ext. 83800 for technical support. Current versions of all popular browsers (e.g., Safari, Chrome, Edge, Firefox) are supported with OWL Brightspace; what is most important is that you update your browser frequently to ensure it is current. All JavaScript and cookies should be enabled.

## **Learning Outcomes/Class Schedule:**

### Learning Objectives

1. Understand the multitude of career opportunities available to Kinesiology graduates.
2. Better understand how to best prepare for these opportunities.
3. Better understand your leadership/professional strengths and areas of challenge.
4. Develop a strategic plan that will help students navigate the profession and keep them on the course to career fulfilment.

## **Week 1 Introduction to the Course**

Note: By Zoom

**Week 3****Lecture Format**

Leadership Development – how you can maximize your leadership potential (Read Gear 1 of *The Leadership Lifecycle Book: How to Prepare, How to Excel, and When (and How) to Effectively Exit*. We will do some preliminary analysis to help determine your leadership strengths and areas for development (and we all have them !!!). We will also cover personal leadership in this class.

**Week 4****Lecture Format**

Leadership Best Practices – how you can maximize your leadership impact (Read Gear 2 of *The Leadership Lifecycle Book: How to Prepare, How to Excel, and When (and How) to Effectively Exit*

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Insights, Understandings, and Applications. This class will be devoted to reviewing, further dissecting, and applying the course content.

**Week 9 Career Panel (Traditional Opportunities)**

As you know for our discussions, there are traditional and emerging career options for graduates of Kinesiology. Three weeks ago we focused on the new and emerging opportunities-3.8 (rt)2.3 (h)7.87e0ng c we will focus on the more traditional career options for students /khinesiology graduate(rt)2.3 e will forecast the future re: opportunities/societal needs, and discuss opportunities in health care, pre-habilitation and rehabilitation (e(rt)2.3g., Physical Therapy, Occupational (h)7.87eherapy, Speech Language Pathology, Audiology, Chiropractic Medicine, Health and fitness, etc3.8 (rt)2.3 A strategically assembled panel of kinesiology graduates who have carved their own paths in traditional careers (compositions TBA following a review of the student surveys) will discuss their unique paths, their plans and realized outcomes, and provide insights and recommendations to current students/future graduates.

**Week 10 Lecture Format**

Organizational Communication and Engagement. How to ensure effective communication and networking with colleagues, how to foster and support member engagement. We will discuss formal and information communication networks, strategies to heighten engagement, communicating from an emotional intelligence base, and navigating organizations as careers unfold.

Note: Reflection Reports from Weeks 6 and 9 (emerging and traditional career paths and student plans/reflections) are due (Tuesday, November 5th (12:..m. Guidelines for preparing your Reflection Report are outlined in the Assignment Tab.

**Week 11 Lecture Format**

Building your brand, effective resumes, interviewing tips and traps, professional networking and positioning, the role of mentors, role models and sponsors, effective use of social media to market and promote yourself/your business, and finding your voice.

**Week 12 Lecture Format**

Leading change – as colleagues and as leaders. Early career strategies, managing expectations of superiors, peers, and direct reports. We will discuss what makes a great employee, and an exceptional follower. We will discuss building your credibility and experience profile to qualify for more senior leaders roles in the future.

**Week 13 Lecture Format**

Current issues in the profession – AI, colleague engagement, inspiring the heart through emotional intelligence, demand for remote work, demands, financial challenges, urgency vs. importance  
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## **Special Examinations**

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

## **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, at the following website: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_under\\_grad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_under_grad.pdf).

## **Plagiarism**

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com ([www.turnitin.com](http://www.turnitin.com)).

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ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.



## Grades

