

School of Kinesiology
Faculty of Health Sciences
Western University

<p>Dr. Michelle Mottola, Director R Samuel McLaughlin Foundation Exercise & Pregnancy Lab Thames Hall Rm. 4187</p> <p><u>519/661-2111 x85480</u> by appointment</p>	<p>Monday 2:30pm – 4:30pm</p> <p>: FNB 2220</p> <p>**Please note that if UWO restrictions are put in place due to COVID we will move to live online activities.</p>
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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.

Discussion of human pregnancy and the impact of exercise to prev1 (us)12h (e t)6.d 72 5 (ev1 (T7IfEMC /P AMCI1d

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- 10) Martin-Gronert MS, Ozanne SE. 2012 Mechanisms underlying the developmental origins of disease. *Rev Endocr Metab Disord.* Jun;13(2):85-92.
- 11) Wiener SL, Wolfe DS. 2021 Links between maternal cardiovascular disease and the health of offspring. *Can J Cardiol* 37(12):2035-2044.
- 12) Henry SL et al. 2012 Developmental origins of obesity-related hypertension. *Clin. Exper. Pharm. Physiol.* 39 (9), 799-806.

- 27) *Get Active Questionnaire for Pregnancy* and companion document *Health Care Provider Consultation Form for Prenatal Physical Activity*
<https://csep.ca/2021/05/27/get-active-questionnaire-for-pregnancy/>
- 28) Hassan et al. Modify, don't stop! Time to reconsider the 'relative' and 'absolute' contraindications to physical activity in pregnancy: an opinion piece. *BJOG* 2022;129:331-335.
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- 29) Palacio M, Mottola MF. 2023. Activity restriction and hospitalization in pregnancy: Can bed-rest exercise prevent deconditioning? A narrative review. *Int J Environ Res Public Health* 20:1454-1464.
- 30) Anderson J, Pudwell J, McAuslan C, et al. 2021 Acute fetal response to high-intensity interval training in the second and third trimesters of pregnancy. *Appl Physiol Nutr Metab* 46:1552-1558.
- 31) Mottola, MF 2015. Pregnancy, physical activity and weight control to prevent obesity and future chronic disease risk in both mother and child. *Curr Wom Health Rev* 11:31-40.
- 32) Bø K, Artal R, Barakat R et al. 2018. Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women. *Br J Sports Med* 52(17):1080-1085.

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#)

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 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.

2.

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_undergrad.pdf.

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).

Within this course, students are permitted to use AI tools exclusively for information gathering and preliminary research purposes. These tools are intended to enhance the learning experience by providing access to diverse information sources. However,

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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

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Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

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In the event of a situation that requires this course to pivot to online content delivery, 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.

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.

6.

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca> .

7. : Where possible assignment objectives and rubrics will be posted on OWL. Generally, students can expect some form of feedback on their performance in a course before the drop date.

March 7th, 2025 (for second term half-or full year courses)

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

(for example, bumping a 79 to 80%):

This is a practice some students request.

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