

Western University
Faculty of Health Sciences
School of Kinesiology

KIN 2962A
Exercise for Specific Populations

Instructor: Stephanie Paplinskie **Email:** spaplins@uwo.ca
Location: Thames Hall 3102 (Tu/Th) **Time:** Tu/Thu 2:30-4:15; Fri 3:30-4:15
 Thames Hall Gym (Tu/Th/Fri)

COURSE DESCRIPTION:

This course is a student centered activity course. This course will complete the equivalent of two activity based quarter courses. It is an introduction to the basic knowledge and techniques essential in designing activity and exercise programs for a sample of specific populations. Students are expected to learn and put into practice techniques used to develop muscular strength, muscular endurance, flexibility, aerobic fitness, and health activity for select specific populations. 5 lecture/lab hours, 0.5 credit course.

Students will be expected to attend off campus learning events, participate in the modalities listed below, and participate in an aquatic component to the course.

Specific populations considered will be:

1. Pre/Post Natal
2. Seniors
3. Children
4. Obesity
5. Select diseases and other select specific physical and cognitive needs

COURSE TEXT: There is no specific course text required for this activity. Students will be required to locate retrieve research articles from the library and Internet. All course content will be posted on OWL 24-hours prior to lecture (or when available).

COURSE FORMAT:

5 hours per week; lecture, lab, presentations

Activity: Tuesdays & Thursdays @ 2:30-4:15pm (TH 3102, Thames Hall Gym, OR off-site)

Lecture: Fridays @ 3:30-4:15pm (Thames Hall Room 3102)

Lectures to gain knowledge and understanding of, barriers associated with each specific population, research and trends related to each population, and activity and exercise programs for each population.

*** Dates and locations are subject to change.

Please check OWL for announcements and updates. ***

COURSE OBJECTIVES

1. Gain knowledge and understanding of research and practical application in the area of exercise for specific populations. (THEORY)
2. Engage in a variety of flexibility, cardiovascular, and muscular strength and endurance exercises specific to specific populations, and learn to adapt these for specific populations. (PRACTICE)
3. Create and implement individualized exercise training programs for specific populations. (APPLY)

COURSE CONTENT

Information and research in the area of exercise for specific populations will be covered. Specific populations considered will be pregnancy, older adults, children/adolescents, and obese populations.

Topic

Weeks 1-3	Course Intro/Pregnancy
Weeks 4-7	Older Adults
Weeks 8-9	Children and Adolescents
Weeks 10-11	Obesity
Weeks 12-13	Group Presentations

See course schedule below for more details

SPECIAL COURSE DATES

Sept 8: Classes begin

Oct 10: Thanksgiving = NO CLASS

Oct 27-28: UWO Fall Study Break = NO CLASS

Thurs Nov 29 & Fri Nov 30: Group Presentations

Tues Dec 6: FINAL EXAM (in class)

Attendance

Since group work and cooperative learning is a key aspect of this course, active participation in each class is **mandatory**. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to attend class and assist his/her classmates by providing feedback regarding error detection/correction.

1. If unable to attend class or either portion of the exam for medical, compassionate, academic or varsity reasons, the student must collect the appropriate documentation from the Kin Undergraduate Office, who will then forward the information to the Course Instructor.
2. **One percent will be deducted from a student's final grade for each unexcused absence.**
3. There is no make-up for missed classes.
4. If you miss class on the day you are scheduled to present, you will lose marks for the presentation until you are able to present appropriate documentation.

Lateness

Students are required to be dressed in appropriate attire by the start of the class time. Lateness qualifies for invalid excuses when the teaching assistant has begun teaching. **At three "lates", the student will lose one percent of their final grade, and subsequently 1 percent for every late thereafter.**

Activity sessions to engage in:

1. A variety of activities, muscular strength, muscular endurance, flexibility, and aerobic exercise specific to select populations
2. Help students understand and gain kinetic awareness of potential barriers associated with each of the selected populations covered in this course.
3. The creation and implementation of individualized exercise training programs for specific populations.

Due to the nature of this course, students will require the use of a bus pass, or a reliable method of transportation, to facilities on campus or within the London community.

COURSE/STUDENT EVALUATION:

- 15%: Three Experiential Exercise Class Summaries (Pregnancy/Older Adults/Youth) worth 5% each (submission dates are posted on OWL Calendar).
- 15%: Group presentations on Specific Population (in class).
- 15%: Lead a Group Fitness Class for each Specific Population 3 classes worth 5% each (done in groups of 4-6).
- 5%: Participation (attendance, peer evaluations, etc.)
- 20%: Midterm
 - Questions will be a mix of multiple choice, short and long answer.
 - **Tuesday, October 25th (in class)**
- 30%: Final written exam
 - Questions will be a mix of multiple choice, short and long answer.
 - **Tuesday, December 6th (in class)**

*****NOTE:** In keeping with the Freedom of Information and Privacy Act, all student grades are regarded as strictly confidential between each student and the course instructor. All grades will be posted for each student on WebCT/OWL; full course grade statistics, the number of A+'s, A's, B's etc will also be posted but each student will only be able to view his/her grades.

COURSE SCHEDULE (TENTATIVE)

Intro Week – Sept 8-9

Sept 8 Introduction/Course overview
Sept 9 NO CLASS

Week 1 – Sept 13-16 (Pregnancy)

Sept 13 Intro concepts/definitions cont'd/Intro to Pregnancy
Sept 15 Pregnancy Theory I
Sept 16 Pregnancy Theory II

Week 2 – Sept 20-23 (Pregnancy)

Sept 20 NO CLASS: Field Trip (students complete on own time)
Sept 22 NO CLASS: Field Trip (students complete on own time)
Sept 23 Guest Speaker: Rebirth Wellness Centre

Week 3 – Sept 27-30 (Pregnancy/Post-Natal)

Sept 27 Practical (TH gym) – Trimester I/II/III
Sept 29 Practical (TH Gym) - Post-partum workout + Guest Speaker: Dr. Michelle Mottola (Pt. 1)
Sept 30 Guest Speaker: Dr. Michelle Mottola (Pt. 2)

Week 4 – Oct 4-7 (Older Adults)

Oct 4 Older Adults Theory I
Oct 6 Older Adults Theory II
Oct 7 Aquafit Demonstration (WSRC pool)

Week 5 – Oct 11-14 (Older Adults)

Oct 11 NO CLASS: OA Field Trip (students complete on own time)
Oct 13 NO CLASS: OA Field Trip (students complete on own time)
Oct 14 Guest Speaker: Canadian Centre for Activity & Aging

Week 6 – Oct 18-21 (Older Adults)

Oct 18 Practical (TH gym)
Oct 20 Practical (TH gym)
Oct 21 Guest Speaker: Cardiac Rehab

Week 7 – Oct 25-27

Oct 25 Midterm Exam (in class)
Oct 27 NO CLASS

Week 8 – Nov 1-4 (Child & Youth)

Nov 1 Guest Speaker: Physical Literacy
Nov 3 Child and Adolescent Theory I
Nov 4 Child and Adolescent Theory II

Week 9 – Nov 8-11 (Child & Youth)

Nov 8 NO CLASS: OA Field Trip (students complete on own time)
Nov 10 NO CLASS: OA Field Trip (students complete on own time)
Nov 11 Guest Speaker: Revolution Conditioning

Week 10 – Nov 15-18 (Child & Youth)

Nov 15 Practical (TH gym) – Ages 0-11
Nov 17 Practical (TH gym) – Ages 12-17
Nov 18 Guest Speaker: TBA

Week 11 – Nov 22-25 (Obesity)

Nov 22 Obesity Theory I
Nov 24 Obesity Theory II
Nov 25 Guest Speaker: The Canadian Obesity Network

Weeks 12 – Nov 29-Dec 2

Nov 29 Group Presentations
Dec 1 Group Presentations
Dec 2 Group Presentations & Exam Review

Week 13 – Dec 6:

Dec 6 Final Exam (in class)
Dec 8 No Class -- Study Day

Makeup Exams

You must have a valid medical or compassionate reason for missing a scheduled examination, and documentation for your absence must be filed with the main office of the School of Kinesiology prior to the examination (please see “Additional Statements” section below for information pertaining to accommodation for medical illness or non-medical absences).

Retroactive accommodation (i.e., for exams that have been written) will not generally be granted, nor will last minute requests for extensions/make-up exams. Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled within one week of the originally scheduled exam. Please note that makeup examinations will differ from the originally scheduled examinations, and may include written/short answer components.

General Course Policies and Procedures

Rounding of Grades and Re-Weighting of Exams

These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level and there is no re-weighting of exams or exam questions. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation for high standards.

Professor's Responsibilities

- Be organized and well prepared for class
- Create a supportive learning environment
- Be available to provide additional explanation or feedback
- Actively seek students' input in class and take students' arguments seriously
- Return students' assignments within a reasonable time (in most cases, 1 week) and provide feedback to help
- Assist students with developing transdisciplinary skills – critical and creative thinking and analysis, presentation skills, etc.
- Use a variety of teaching methods and strategies to accommodate different learning styles

Student Responsibilities

As a participant in this class, you should:

- Read and reflect upon the assigned notes BEFORE each class
- Attend each class ready to engage with the course material
- Participate respectfully with class, on "field trips", and/or in group discussions
- Take seriously (and reflect upon) the opinions/arguments presented in your text, by your fellow students and your professor

Accommodation for Medical Illness or Non-Medical Absences

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

<https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner.

Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For Kinesiology students, you may go to the School of Kinesiology Office in 3M Centre, room 2225. For more information, please see:

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

Statement on Use of Electronic Devices

Policy on Laptops in Class

The University of Western Ontario acknowledges the integration of new technologies and learning methods into the curriculum. The use of laptop computers can contribute to student engagement and effective learning. However, the instructor may choose to limit the use of electronic devices during group discussions, active learning activities, films, and group activities. If students are found using their laptops for anything other than taking notes or gathering research for their group project during tutorial (e.g. Facebook, TSN, personal banking, Youtube, etc.) they will be asked to leave IMMEDIATELY. If misuse of laptops occurs during class time, laptops may be banned for the remainder of the class for ALL students. If it becomes an ongoing disruptive and disrespectful issue, laptops may be banned for the remainder of the course for ALL students.

Cellphones and Similar Devices:

Cellphones and similar devices, must be on silent (not just vibrate) during classes unless specific permission is sought for emergency purposes in a given class. Text messaging/Facebooking etc. is NOT permitted during class. If you MUST utilize your cell phone during class time for emergency situations, you need to communicate this with the instructor BEFORE class begins. If a student is found using any of these devices in class, he or she may be asked to leave the class.

Course Website (OWL Sakai)

All students in this course need to use OWL to access resources used in this course such as PowerPoint (lecture) handouts, additional handouts and/or readings, and this course outline. Students are responsible to check the OWL site regularly for this course for updates and announcements. Additionally, due to changes in privacy legislation, grades will only be provided to you through the course website – I will not, under any circumstance, convey grades via email or over the phone.

OWL is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or <https://servlet.uwo.ca:8081/helpdesk/index.jsp>.

Contact/Questions

All questions regarding course content should be posted on OWL Sakai forums. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exam; and (3) the final exam. You have the ability to edit and delete your own posts. The instructor can also delete posts that are deemed to be inappropriate. There will also be a 'general discussion' forum where students can discuss any number of topics.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-mail, please be mindful of 'e-etiquette'. It is expected that you will use proper grammar and punctuation when posting and e-mailing. You are also expected to respect your peers, and instructor in any discussion/forum. Students who do not act accordingly have the potential of losing website privileges. **Please note that you must use your UWO email address for all correspondence regarding this course.**

ADDITIONAL STATEMENTS

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 The University of Western Ontario, 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 <http://www.uwo.ca/univsec/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Scholastic 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/handbook/appeals/scholastic_discipline_under_grad.pdf .

Additionally,

1. All required 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 for such checking 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 The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
2. 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.

Support Services

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

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health --
<http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

*****Plagiarism Policy:** Excerpted from Senate Regulations:

“Plagiarism: Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). The University of Western Ontario uses software for plagiarism checking. Students **may be required** to submit their written work in electronic form [to Turnitin] for plagiarism checking.”

Plagiarism in any form will not be tolerated in this course, and penalties will be assessed against those students found to have infringed on these regulations. The minimum consequence will be a grade of 0% on any assignment in which plagiarism is detected.