

**Western University**  
**KIN 2962B**  
**EXERCISE FOR SPECIFIC POPULATIONS**

INSTRUCTOR: Stephanie Paplinskie ([spaplins@uwo.ca](mailto:spaplins@uwo.ca)) LOCATION: TH 3101 & Thames Hall Gym  
 OFFICE HOURS: By appointment TIME: **TuTh 2:30-4:30; Fri 3:30-4:30**

**COURSE DESCRIPTION:** This course is a student centered activity course. 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:** All required course content will be posted on OWL. Students will be required to locate retrieve research articles from the library and Internet.

**COURSE FORMAT:** Lectures, group discussion, and “field trips” 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.

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 off-campus and/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%: Lead a Group Fitness Class for each Specific Population -- 3 classes worth 5% each (done in groups of 4-6).
- 15%: Group presentations on Specific Population (in class).
- 5%: Participation (discussion, class participation, attendance, peer evaluations, etc.)
- 20%: Midterm (multiple choice, short and long answer.) **Thursday, March 2<sup>nd</sup> (in class)**
- 30%: Final exam (multiple choice, short and long answer.) **Thursday, April 6<sup>th</sup> (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.**

## 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.

## SPECIAL COURSE DATES

Jan 5: Classes Resume

Feb 20-24: READING WEEK

March 1: Midterm (in class)

April 6: Final Exam (in class)

April 8: Study Day

## GENERAL COURSE POLICIES & 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.

## **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. You WILL need the use of a laptop, tablet, and/or smartphone for this course; 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) group projects. You have the ability to edit and delete your own posts. The instructor and TAs 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](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.

#### **Statement on 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 Web site: [http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf).

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.

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>).

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.

### **Academic Accommodation**

#### **Medical and Non-Medical Accommodation**

For Western University policy on accommodation for medical illness, see: [www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf)

Student Medical Certificate (SMC): [studentservices.uwo.ca](http://studentservices.uwo.ca) under the Medical Documentation heading.

Students seeking academic accommodation on medical grounds for any missed tests, exams, participation components and/or assignments worth 10% or more of their final grade must apply to the Academic Counselling office of their home Faculty and provide documentation. It will be the Dean's Office that will determine if accommodation is warranted.

For work worth less than 10% of the final grade, the instructor will consider requests for academic accommodation on medical grounds made in a timely manner in writing or by appointment in office hours. Such requests need not be accompanied by documentation. The instructor may, however, decide to require documentation be submitted to the appropriate Academic Counselling office.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for accommodation on medical grounds, or for other reasons. All documentation must be submitted to the Academic Counselling office of a student's home Faculty. For Kinesiology students, you may go to the School of Kinesiology Office in 3M Centre, room 2225.

#### **Compassionate Accommodation**

Academic accommodation (extensions, makeup tests and exams, additional assignments etc.) may be given to students on compassionate grounds. The situations for which compassionate accommodation can be given must be serious, including significant events such as death in the immediate family, trauma (fire, robbery, harassment, muggings, car accidents, etc.) or emergency situations. Documentation is required.

If a member of your immediate family is seriously ill, obtain a medical certificate from the family member's physician and submit the documentation to your Academic Counsellor.

If you have been involved in a severe accident, fire or some other exceptional crises, obtain a copy of the police report or be prepared to provide the necessary documentation upon request.

### *Bereavement*

Generally, for deaths within a student's immediate family (parents, guardians, caregivers, siblings, spouses), bereavement leave is granted, upon provision of documentation.

For deaths within a student's extended family, academic accommodation is given for one to three days, upon provision of documentation.

Students seeking additional bereavement leave for religious or other reasons should contact their Academic Counsellors, and provide valid documentation. For Kinesiology students, you may go to the School of Kinesiology Office in 3M Centre, room 2225.

### **Religious Accommodation**

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance.

<http://multiculturalcalendar.com/ecal/index.php?s=c-univwo>

Further specific information is given in the Western Academic Calendar.

### **Support Services at Western**

**Office of the Registrar:** [www.registrar.uwo.ca](http://www.registrar.uwo.ca)

**Student Development Centre:** [www.sdc.uwo.ca](http://www.sdc.uwo.ca)

**Mental Health @ Western:** [www.uwo.ca/uwocom/mentalhealth/students.html](http://www.uwo.ca/uwocom/mentalhealth/students.html)

**Psychological Services:** [www.sdc.uwo.ca/psych](http://www.sdc.uwo.ca/psych)

**Services for Students with Disabilities:** [www.sdc.uwo.ca/ssd](http://www.sdc.uwo.ca/ssd)

**Accessibility Information:** [www.accessibility.uwo.ca/](http://www.accessibility.uwo.ca/)

**Writing Support Centre:** [www.sdc.uwo.ca/writing](http://www.sdc.uwo.ca/writing)

**Learning Skills Services:** [www.sdc.uwo.ca/learning](http://www.sdc.uwo.ca/learning)

**International and Exchange Student Centre:** [www.sdc.uwo.ca/int](http://www.sdc.uwo.ca/int)

**Career Centre at Western:** [www.success.uwo.ca/careers/](http://www.success.uwo.ca/careers/)

## COURSE SCHEDULE

\*\*\*COURSE CONTENT: Course content and/or dates may change at the instructor's discretion. Students will be made aware of any changes in advance\*\*\*

### Week 1 – Jan 9-13 (Pregnancy)

Jan 10	Intro concepts/definitions cont'd/Intro to Pregnancy
Jan 12	Pregnancy Theory I
Jan 13	Pregnancy Theory II

### Week 2 – Jan 16-20 (Pregnancy)

Jan 17	NO CLASS: Field Trip (students complete on own time)
Jan 19	NO CLASS: Field Trip (students complete on own time)
Jan 20	Guest Speaker: Dr. Michelle Mottola (Pt. 1)

### Week 3 – Jan 23-27 (Pregnancy/Post-Natal)

Jan 24	Practical (TH gym) – Trimester I/II/III
Jan 26	Practical (TH Gym) - Post-partum workout
Jan 27	Guest Speaker: Dr. Michelle Mottola (Pt. 2)

### Week 4 – Jan 30 – Feb 3 (Older Adults)

Jan 31	Older Adults Theory I
Feb 2	Older Adults Theory II
Feb 3	Aquafit Demonstration (WSRC pool)

### Week 5 – Feb 6-10 (Older Adults)

Feb 7	NO CLASS: OA Field Trip (students complete on own time)
Feb 9	NO CLASS: OA Field Trip (students complete on own time)
Feb 10	Guest Speaker: Canadian Centre for Activity & Aging

Week 6 – Feb 13-17 (Older Adults)

Feb 14 Practical (TH gym)

Feb 16 Practical (TH gym)

Feb 17 NO CLASS

**\*\*\* READING WEEK: Feb 20-24 inclusive \*\*\***

Week 7 – Feb 27-March 3

Oct 25 Exam Review/Study Period

Oct 27 MIDTERM EXAM (in class)

Week 8 – March 6-10 (Child & Youth)

March 7 Guest Speaker: Physical Literacy

March 9 Child and Adolescent Theory I

March 10 Child and Adolescent Theory II

Week 9 – March 13-17 (Child & Youth)

March 12 NO CLASS: OA Field Trip (students complete on own time)

March 14 NO CLASS: OA Field Trip (students complete on own time)

March 15 Guest Speaker: Revolution Conditioning

Week 10 – March 20-24 (Child & Youth)

March 21 Practical (TH gym) – Ages 0-11

March 23 Practical (TH gym) – Ages 12-17

March 24 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