

individuals and populations of individuals, and can play a significant role in the prevention, management, and treatment of numerous health-related conditions. As such, the increasing rate of physical inactivity among the Canadian population is a primary health concern. This course will provide a foundation of knowledge in topics related to the relationship between physical activity and health.

Intended Learning Outcomes for the Course:

1. Describe key terminology and concepts related to physical activity, exercise and health
2. Explain basic exercise physiology principles with respect to the cardiovascular, respiratory and muscular systems
3. Discuss the effects of physical activity on the body and the brain
4. Compare and contrast physical activity & exercise guidelines / prescription for different populations
5. Develop critical appraisal skills for physical activity & exercise prescription and measurement / monitoring
6. Develop metacognitive skills with respect to your own learning and comprehension

Required Course Material / Text:

All required material will be provided on OWL

Course Evaluation:

Weekly Quizzes	4 x 12.5% each	50%
Activity Tracking Assignment		20%
Final Exam		30 %

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

Evaluation Details:

1. Weekly Quizzes:

- Multiple choice, fill in the blank and short answer questions
- Approximately 20 marks per quiz
- Quizzes will cover content taught that week
- Quizzes available for 12 hours; have 35 min to complete once you start

2. Activity Tracking Assignment:

For this assignment, you are asked to reflect on weekly activity values. You can choose to track your own activity for 1 week using one of three methods: 1) an activity tracking watch, 2) an activity tracking app, or 3) manually writing down the amount of time you were active each day. Alternatively, if you do not wish to record your own data, a data set of activity for 1 week will be posted to OWL and that data set can be used. You will be asked to graph this data, and then reflect on and discuss your activity levels, or the activity levels of the anonymous individual in the provided data set. The assignment details, instructions and marking rubric can be found in OWL.

3. Final Exam:

- Multiple choice, fill in the blank, and short answer questions (~ 70-75 marks)
- Is cumulative, meaning all course information is “fair game”

Lecture Topics & Outlines

Week	Date	Topic	Due
1	May 3 rd – 9 th	Course Introduction Terms & Conditions Apply – Defining Concepts related to PA & Health	
1	May 3 rd – 9 th	Introductory Human Physiology	Quiz 1 Due Sunday May 9 th by 11:59 pm EST
2	May 10 th – 16 th	Exercise Physiology: Adaptations	
2	May 10 th – 16 th	PA Guidelines & Exercise Training Principles	Quiz 2 Due Sunday May 16 th by 11:59 pm EST
3	May 17 th – 23 rd	PA & Exercise Effects on the Brain	
3	May 17 th – 23 rd	PA & Exercise in Other Populations	Quiz 3 Due Sunday May 23 rd by 11:59 pm EST
4	May 24 th – 30 th	PA & Exercise in Chronic Disease	
4	May 24 th – 30 th	Getting Social IRL: Psychosocial Benefits of PA and Exercise	Quiz 4 Due Sunday May 30 th by 11:59 pm EST
5	May 31 st – June 6 th	Nip Sitting in the Butt: Sedentary Lifestyles	
5	May 31 st – June 6 th	Too Much of a Good Thing?	Written Assignment Due Sunday June 6 th by 11:59 pm EST

6	June 7 th – 13 th	I Like to Move It Move It: How to Get & Stay Motivated	
6	June 7 th – 13 th	Wearable Technology: Pros & Perils	
7	JUNE 16 th	FINAL EXAM (more info to come)	

COURSE & UNIVERSITY POLICIES

1. Statement on Use of Personal Response Systems (“Clickers”)

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. Academic Offences:

They 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:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

- A) 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). 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 Western University and Turnitin.com <http://www.turnitin.com>
- B) 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.

3. Electronic Device Usage:

- A) **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 of the

following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

B) During Lectures and Tutorials: 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. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. 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. 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.

4. 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

5. Support Services:

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

- A) Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
- B) Student Health & Wellness -- <http://www.health.uwo.ca/>
- C) Registrar's Office -- <http://www.registrar.uwo.ca/>
- D) Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

6. Documentation of Academic Accommodation (Illness, Medical/Non-Medical Absences):<http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page 12>

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence (see below for conditions)
- (ii) For medical absences exceeding 48 hours, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to their Academic Counselling in their Faculty of registration in order to be eligible for Academic Consideration; or

(iii) For non-medical absences exceeding 48 hours, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration in order to be eligible for academic consideration. Students are encouraged to contact their Academic Counselling unit to clarify what documentation is appropriate.

Students seeking academic consideration **must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- A) A maximum of two self-reported absences between September and April and one self-reported absence between May and August;
- B) Any absences in excess of the number designated in clause a above will require students to present a Student Medical Certificate (SMC) or appropriate documentation supporting extenuating circumstances to the Academic Counselling unit in their Faculty of registration no later than two business days after the date specified for resuming responsibilities.
- C) The duration of the excused absence will be for a maximum of 48 hours from the time the Self- Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
- D) The duration of the excused absence will terminate prior to the end of the 48 hour period should the student undertake significant academic responsibilities (write a test, submit a paper) during that time;
- E) The duration of an excused absence will terminate at 8:30 am on the day following the last day of classes each semester regardless of how many days of absence have elapsed;
- F) Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
- G) Self-reporting may not be used for assessments (e.g. midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

For medical and non-medical absences that are not eligible for self-reporting Kinesiology students must submit an Academic Consideration Request form found online https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf in addition to an SMC or appropriate documentation in the event of a non-medical absence. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

7. Grades:

Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In

doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

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</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>

8. Classroom Behaviour:

Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates.

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>