

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 2992Y - Fitness Assessment and Strength Training
Fall 2020/Winter 2021**

<p>Instructor: Molly Driediger Office: Arts & Humanities Bldg 3G22 Email: mdriedig@uwo.ca Phone: 519/661-2111 x 85078 Office Hrs: Available to chat or meet on Mondays 12:30-1:30 pm and T, W, Th, F from 9:30-10:30 am on Microsoft Teams. Virtual meetings may be scheduled as required.</p> <p>Winter TAs: Shayla Bolduc sbolduc4@uwo.ca Abraham Campbell acamp48@uwo.ca Salman Choudhry schoudhr@uwo.ca Tamia Cooper-Evelyn tcoopere@uwo.ca</p>	<p>Lectures: 1st Term – Online 2nd Term – Online</p> <p>Instruction Mode: Online</p> <p>Labs: 1st Term - Online 2nd Term - Online</p>
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly (daily) for course announcements.

<p>Calendar Course Description (including prerequisites/anti-requisites): This course is an introduction to the basic knowledge and techniques essential in designing exercise programs for beginners. Students will be expected to learn and put into practice techniques used to develop muscular strength, power, hypertrophy, speed/agility, flexibility and cardiovascular fitness.</p> <p>Antirequisite(s): Kinesiology 2961A/B.</p> <p>Prerequisite(s): Completion of the first year Kinesiology program and registration in the School of Kinesiology.</p> <p>Extra Information: 5 lecture/laboratory hours.</p>

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

My Course Description

This is a student-centered activity course. It is an introduction to the foundation of knowledge essential in designing individualized strength and conditioning programs for beginners. Along with an introduction to client history and fitness assessment, students will learn to execute and safely coach novice exercisers through the fundamental movement patterns (hinge, squat, lunge, and horizontal and vertical press and pull) with proper form. Students will be expected to learn and apply techniques used to develop muscular endurance, strength, hypertrophy, power, speed and agility, flexibility and cardiorespiratory fitness.

Learning Outcomes/Schedule:

Upon completion of this course, students will be able to:

1. Conduct a thorough client history and evaluation of a client's readiness to participate in physical activity or exercise through the collection of subjective and objective fitness assessment protocol.
2. Coach and monitor the performance of a variety of exercises based on the primary movement patterns (i.e., hinge, squat, lunge, and horizontal and vertical pull and press) as well as the corresponding progressions, regressions and modifications.
3. Develop and implement individualized training programs to improve the following: muscular endurance, strength, hypertrophy, power, speed and agility, flexibility and cardiorespiratory fitness.
4. Design and implement in-person and online training programs to incorporate a variety of equipment to help clients achieve their exercise goals.

Course format

Fall term: approximately 2.5 hours per week of online asynchronous learning comprised of:

- a) Narrated, short lecture clips
- b) An online activity (e.g., research article, exercise video, sourcing information, etc.) and/or online discussion

Winter term: approximately 2.5 hours per week of virtual applied labs. Depending on the week and the focus, online work may be comprised of:

- a) Completing practical tasks independently or with a partner
- b) Creating videos of movement patterns and coaching using constructive feedback
- c) Creating weekly workouts
- d) Taking turns with partner to perform and coach each other through weekly workouts online

The Weekly Lessons tool in OWL will continue to be used to outline weekly tasks, learning objectives and resources.

Microsoft Teams will be used to facilitate communication with instructors, to promote partner collaboration and student-led learning via peer feedback and to share exercise videos.

Tentative Schedule

Please note that this is a **tentative schedule**. As such, *the content and sequence of topics are subject to change at the discretion of the instructor.*

FALL TERM

Week	Topic/Lecture Clip(s)
Week 1 (Sept. 9-11)	Instructor introductions Syllabus
Week 2 (Sept. 14-18)	Course introduction Course overview
Week 3 (Sept. 21-25)	Certification organizations Client assessment and consultation
Week 4 (Sept. 28-Oct. 2)	Technique fundamentals Safety

	Warm-up/cool-down
Week 5 (Oct. 5-9)	Primary Movements Movement Progressions
Week 6 (Oct. 12-16)	Program design
Week 7 (Oct. 19-23)	Resistance Training (RT) for endurance
Week 8 (Oct. 26-30)	RT for hypertrophy
Week 9 (Nov. 2-6)	READING WEEK
Week 10 (Nov. 9-13)	RT for strength
Week 11 (Nov. 16-20)	Cardiorespiratory training Weight loss
Week 12 (Nov. 23-27)	Training for performance: power, speed and agility
Week 13 (Nov. 30-Dec.4)	Methods of program delivery (pivoting to virtual delivery)
Week 14 (Dec. 7-9)	Overview of winter term course topics and delivery method

WINTER TERM (revised to reflect remote delivery)

Week	Topic
Week 1 (Jan. 11-15)	Housekeeping Partners Subjective fitness assessments
Week 2 (Jan. 18-22)	Objective fitness assessments
Week 3 (Jan. 25-29)	Technique fundamentals & safety Warm-up & cool-down Spinal control, stability, proprioception
Week 4 (Feb. 1-5)	Primary movements – horizontal press and pull
Week 5 (Feb. 8-12)	Primary movements – vertical press and pull, lunge Assignment # 1 due Thursday Feb. 11th

Week 6 (Feb. 15-19)	READING WEEK – no labs
Week 7 (Feb. 22-26)	Primary movements – hip hinge, squat
Week 8 (Mar. 1-5)	Weekly workout: RT endurance & cardiorespiratory
Week 9 (Mar. 8-12)	Weekly workout: RT strength & cardiorespiratory Testing for primary movements
Week 10 (Mar. 15-19)	Weekly workout: RT hypertrophy & cardiorespiratory Testing for primary movements
Week 11 (Mar. 22-26)	Performance - power, speed and agility Testing for primary movements
Week 12 (Mar. 29-Apr. 2)	Good Friday April 2nd Testing for primary movements
Week 13 (Apr 5)	Testing for primary movements Assignment # 2 due Friday April 9 th
Week 14 (Apr 12)	Last day Apr. 12th (Monday)

Required Course Material/Text:

All required readings and online activities will be posted on OWL in Weekly Lessons.

Course Evaluation:

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.** Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

Evaluation	Value	Description	Date
Participation			
Online activities and discussions (fall)	30%	Students will be assessed on the completion and quality of weekly online activities and discussion boards. Week 1 and 2 will be trial runs of our weekly online discussions and activities. You will receive full marks for these weeks if you complete the assigned tasks. Quality and content will not be assessed at this time. Starting on Week 3 (Sept. 21 st), the content and quality of your online discussion and assignments will be evaluated each week.	Evaluation starting the week of Sept. 21st
Online quizzes (fall)	20%	During the fall term, there will be two asynchronous online quizzes that students will be required to complete within a 24h period.	Nov. 9th Dec. 7th

		Gradescope will be used to administer the quizzes. Each will be worth 10% of the final mark.	
Lab participation (winter)	10%	Students will be required to participate in weekly assigned tasks. Students will work in partners to participate as both “trainer” and “client” to fulfill the task and learning objectives for the week. Microsoft Teams will be used to facilitate online collaboration. *There is the potential for students to work to deliver online coaching for individualized exercise programs. This will be included as part of <i>lab participation</i> as the situation with community organizations permits.	TBD
Assignment # 1: client history and assessment	10%	Students will be required document a client’s history, subjective and objective assessments, and exercise goals. A draft program plan will be developed.	February 11th at midnight
Assignment # 2: coaching exercise demonstration	15%	Students will be evaluated on their ability to coach a beginner exerciser through specific movement(s).	Completed by April 9th
Assignment # 3: program development	15%	Students will be required to develop a 4-week program for a beginner exerciser.	April 9th

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:**

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.

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:

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

6. **Accommodation, Illness Reporting and Academic Considerations:**

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

Accommodation Policies

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](#).

Academic Consideration for Student Absence

<https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html>

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.**

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#)

and for the Student Medical Certificate (SMC), see:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

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. Additional information is given in the [Western Multicultural Calendar](#).

7. Examination Conflicts: A student with examinations having flexible submission times (e.g., where one or more examination is a take-home examination) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request accommodation with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online examinations, an “Examination Conflict Room,” which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. 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.

- November 12th, 2020 (for first term half-courses)
- November 30th, 2020 (for full-year courses)
- March 14th, 2021 (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</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>

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

This is a practice some students request. **This practice will not occur here.** 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, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

9. Contingency Plan for an In-Person Class Pivoting to 100% Online Learning: In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, 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

10. Online Etiquette: Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please "arrive" to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor's request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- if you wish to speak, use the "raise hand" function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of "netiquette":

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. "Flaming" is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

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.

11. 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>

Snow days

- There will be no disruption of on-line classes if the campus closes due to weather. In person classes and labs will not run.