

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 3962B – France Bike Trip
Winter 2018**

Instructor:	Natascha Wesch	Office:	TBD
Location:	Somerville House Rm 3305	Office Hours:	TBD
Lectures:	Mo 7:00PM-10:00PM	Phone:	N/A
		Email:	nwesch@uwo.ca

Additional Instructors:

Alan Salmoni – Kinesiology Professor
Paul Davenport – President Emeritus, Western University
Michelle Harvey – Coordinator Fitness and Wellness
Matthew Heath – Kinesiology Professor

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description:

This course is designed to provide a participation-based multidisciplinary learning experience organized around recreational biking. Learning experiences emphasized include group leadership skills, culture and history of France, trip planning and safety management, personal growth, engagement in multidisciplinary activities designed to promote participation and fun.

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s): Enrolment in the third year of any program at Western *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 the course department 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.

Course Format:

Lectures: Mondays @ 7:00-10:00PM (day & time)
Location: Somerville House Rm 3305 (Note: weekly spin classes will take place at WSRC)

Recommended Text: TBD

Required Course Material: All required readings will be posted on OWL.

Learning Objectives

Upon completion of this course students will be able to:

1. Using a participatory process including mentoring, experience, and self-assessment, provide students with the opportunity to gain leadership skills.
2. Provide an experience where the creation of fun-based physical activity is emphasized providing a unique way to see a country.
3. Provide the opportunity to learn about French culture first hand.
4. Learn to respect and appreciate others and other cultures.

Course Evaluation Summary (subject to revision):

1. Group Presentation – French Historical, Cultural Sights and Figures 25%
2. Group Presentation – Paris Sights Itinerary 25%
3. Group Presentation – Tri-Sport Day Planning 25%
4. Reflection Paper – Two-part paper: (1) Self-reflection based on personal learning objectives; (2) Review and reflection of assigned reading 15%
5. Spin Class – Attendance 10%

Course Evaluation Details: Details will be provided during the first week of lecture

IMPORTANT COURSE-SPECIFIC INFORMATION

Format:

The course has two components: the pre-trip classes which extend from January to April and the trip (May 1-14, 2017) in France. During the pre-trip phase various preparatory components will be provided to the participants to prepare for and enhance the trip experience. In-class pre-trip lectures will be held weekly (attendance is mandatory). Topics covered may include: trip planning and safety, fitness and nutrition for biking, a general history of France, the geography of the area, wine growing and making, French literature, French art, artefacts to be seen in churches and chateaux (e.g., stain glass, tapestry, furniture, art), and architecture. In addition, due to the physical nature of the course, a spin class will be held once per week during lecture hours to help students prepare for the physical requirements of the course/trip. Starting in January students are expected to attend a minimum of two spin classes per week from January to April (to trip departure). In France during the 7-day bike portion of the trip, each day will begin with a safety briefing and route review, followed by the trip for that day, and back at the hotel in the evening for dinner, followed by group discussions. The nightly discussions will deal with experiences of the past day (personal growth, leadership, safety/risk management, sites seen, new friends made).

Note: At the conclusion of the class in France, some students may wish to extend their stay in Europe; this is not a problem. Students are required to make and purchase their own travel arrangements (i.e., flights to/from France – exact arrival/departure requirements will be provided upon course registration).

Biking Skill and Fitness:

All students must have at least moderate biking skill (i.e., you must have ridden a bike outdoors on busy city streets within the last 6 months and feel confident in your safe-riding skills) and fitness level. We will travel on some busy highways and over some very hilly terrain. Some days of the trip in France are hilly and require a high level of aerobic fitness. Perhaps the biggest challenge for some students will be bike riding skill – do not underestimate the necessity for strong biking skills. Spin classes (on stationary bikes) will not be sufficient to enhance or strengthen your riding skills for an outdoor bike trip.

Course/University Policies

1. **Lateness/Absences:** Assignments are due as per the instructor and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be

submitted to the instructor. A missed mid-term examination* without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. 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 directly, as soon as possible, to the appropriate Academic Counselling office of the student's Faculty/School of registration (ex. KIN students ~ KIN Undergraduate Office), not to the instructor, with a request for relief specifying the nature of the accommodation being requested. In the event of a medical request, the documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for ALL such accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. 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. See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
3. **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. 15% of course grades will be posted by the last day to drop a course.
4. **Scholastic 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:
http://www.uwo.ca/univsec/handbook/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.

5. **Formatting** (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.
6. According to the **Examination Conflict Policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” *This policy does NOT apply to mid-term examinations. There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.
7. **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. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.
8. **Laptops** for the purpose of typing lecture notes are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.
9. **Audio and/or videotaping** of lectures is not permitted unless approval has been sought from the instructor in advance.

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 <http://www.uwo.ca/univsec/board/code.pdf>. ***This will be covered in much greater detail for the biking portion of the trip (e.g., conduct in hotels, drinking, etc.).***

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

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

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/>

Students who are in emotional/mental distress should refer to Mental Health@Western <http://www.uwo.ca/uwocom/mentalhealth/>