

School of Kinesiology
Faculty of Health Sciences
Western University

KIN 2000A – Physical Activity and Health
Fall 2017

Instructor: Cheryl Madliger

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TAs: Christman Hsu, Darda Sales, Joshua Taylor

Location: SEB 1059

Lectures: Tuesday, 9:30-11:30am

Office Hours: Tuesday, 11:30am-1:00pm

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 will focus on the significant impact of a healthy lifestyle, and specifically physical activity, on optimal health and well-being. Students will be introduced to, and their knowledge enhanced in, concepts in the area of physical activity and health, with a focus on exploring the scientific evidence base for the derivation of the relationships between physical activity, well-being and disease.

My Course Description:

Physical activity is considered a crucial component of health. This course is intended to provide you with an overview of the significant role physical activity can play in the prevention, management, and treatment of numerous health-related conditions as well as overall life satisfaction. This course will provide a foundation of knowledge in topics related to the relationship between physical activity and health.

Anti-/Pre-/Co-requisites:

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

Recommended Text:

None

Learning Outcomes:

Upon completion of this course students will be able to:

1. Describe principle terms related to physical activity and health, including fitness, wellness, disease, sedentary behavior, and physical literacy.
2. Identify and recall the physical activity guidelines for various populations.
3. Identify and describe physical activity promotion at the community and population levels.
4. Assess the relationship between physical activity and health based on epidemiological research, with an emphasis on the prevention and treatment of chronic conditions.
5. Describe suitable physical activities for the enhancement of health, recognize barriers to this physical activity, and describe strategies to promote increased physical activity.

Required Course Material:

Weekly readings and resources will be posted on OWL. These will include mandatory resources intended to support lectures but may also cover testable material beyond what is covered in class, as well as supplementary resources for those interested in more information.

Course Evaluation Summary:

| | |
|------------------------|-----|
| 1. Midterm | 30% |
| 2. Research Assignment | 30% |
| 3. Final Exam | 40% |

Course Evaluation Details:

1. Midterm: October 24 (30%)

The 2-hour midterm is scheduled for class time. It will evaluate mastery of the learning objectives using a combination of multiple choice and short-answer questions. Sample questions of each type will be provided before the midterm. Students will not be permitted to write a make-up exam without appropriate documentation.

2. Research Assignment: Due November 21 (30%)

The choice of topics and formats, requirements, and assessment criteria for submission will be posted on OWL. All papers are due by 9:30am on November 21st via OWL. Students will receive a grade of zero on papers submitted after the due date without appropriate documentation.

3. Final Exam: Scheduled by the Registrar's Office (40%)

This 3-hour exam will be cumulative and will include a combination of multiple choice and short-answer questions. It will focus on the material covered in the second half of the class. The date and time of the final exam is up to the university and therefore you should not make travel plans until this information is announced. A make-up exam will not be provided without appropriate documentation.

COURSE/UNIVERSITY POLICIES

1. **Lateness/Absences:** The assignment is due before 9:30am on November 21st via OWL. Submissions at or after 9:30am will not be accepted, except under medical or other compassionate circumstances as appropriately documented. In-person submissions will not be accepted. 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.

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 the professor and 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://student.uwo.ca> for specific policy and forms relating to accommodation.

3. **Grades:** Assignment guidelines 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 calculation 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 (November 12).

4. **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 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. **Academic Integrity:** Academic Integrity is one of the University's institutional principles and values. Students should ensure they conduct themselves in an honest, ethical, and professional manner. Academic dishonesty, defined as "seeking to obtain or obtaining academic advantage by dishonest or unfair means or knowingly assisting another student to do so," will not be tolerated. Academic dishonesty includes but is not limited to recycling (resubmitting previously-submitted work from a previous course for credit without the approval of the instructor), fabrication of data, engaging another individual to contribute to an assessment or examination (with or without payment or reward), communication (speaking or other means) during an examination or midterm, bringing forbidden material (notes, cell-phones, tablets, computers, etc.) into an examination, attempting to read another students' work during an examination or copying another students' answers during an examination, inappropriate use of electronic devices to obtain information during examinations, or any form of plagiarism as outlined above.

6. **Formatting:** 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.

7. According to the **Examination Conflict policy:** Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations (note that this does *not* apply to midterms): www.registrar.uwo.ca/examinations/exam_schedule.html

8. **Classroom Behaviour:**

- Lateness: 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 door to the classroom and deny entry if lateness becomes a common occurrence.
- Disruptive Behaviour/Responsible Use of Devices: Excessive talking during class time outside of designated discussion times is disruptive, disrespectful, and takes away from the learning experience. Laptops, tablets, and other electronic devices for the purpose of typing notes are permitted in class, but please be respectful to your fellow students. These must be kept on silent and should not be used for activities which might distract classmates or take away from the learning experience. If complaints are received from students regarding noise or disruptive use of technology during class, these privileges will be revoked. Please give your full attention to the instructor, guest speakers or classmates during the short time we have together.
- Classmate Conduct: Respect the opinions of your classmates. Listen with full attention as they ask questions, lead discussions, or offer opinions. Maintain civility during discussions.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance. Any posted lecture slides are the intellectual property of the instructor or presenter and as such shall not be shared without permission.

10. Correspondence: All correspondence with the instructor and TAs must occur via UWO-registered email addresses and/or the mail function on the course website. Any emails received during the final 24 hours before the midterm, project due date, and final exam will *not* be answered. If you have any questions regarding the course, please feel free to contact me in person. For quick questions requiring <5 minutes, I am happy to chat immediately after class. For those concerns requiring more time and/or attention, please make use of the office hours for the course. Following the return of midterm grades and assignments, I may take bookings for office hours using a booking app linked to on the course website.

Student Evaluation and Feedback

I place high value on your feedback and will solicit your assistance in evaluating the class. This will involve the use of formal course and instructor feedback but please feel free to offer feedback throughout the course in-person or via email.

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>

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/> for a complete list of options about how to obtain help.

Tentative Schedule

| Week of: | Topic: |
|-----------------|--|
| September 12 | Introduction |
| September 19 | Physical Activity Guidelines and Statistics |
| September 26 | Effects of Physical Activity on the Body |
| October 3 | Physical Activity Epidemiology |
| October 10 | NO CLASS |
| October 17 | Physical Activity and Chronic Diseases |
| October 24 | MIDTERM |
| October 31 | Physical Activity for Wellness |
| November 7 | Physical Activity and Obesity |
| November 14 | Promoting Physical Activity |
| November 21 | Physical Activity for Special Populations **Research Project Due** |
| November 28 | Nutrition and Physical Activity |
| December 5 | Training Principles |