

School of Kinesiology
 Faculty of Health Sciences
 Western University

**KIN 2961A - Foundations of Training Technique
 Summer 2018**

Instructor: Sarah Langford
 Location: Thames Hall Gym
 Lectures: MW 6-9pm
 Friday – Online Theory

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

COURSE DESCRIPTION

The course is a student-centred activity class. It 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, muscular endurance, and cardiovascular fitness.

COURSE OBJECTIVES

1. To gain knowledge and understanding of exercises and exercise programs.
2. To engage in a six week training program that will include some of the following physical components: muscular strength, muscular endurance, power, cardiovascular fitness and flexibility.
3. To improve “body awareness” through weight training techniques.
4. To engage in Problem Based Learning (PBL) sessions focused on theoretical information provided **online** and pertinent to exercise and exercise programs.

COURSE TEXT

Foundations of Training Technique Manual (Posted on OWL)

STUDENT EVALUATION

Assessment of Personal Lifestyle & Training Program Design Assignment (5%)

The student will provide a description of yourself and provide goals that you want to accomplish during your training program. The student will design a training program based on these goals as well as incorporating training for the physical components that they want to improve.

Due Wednesday, May 16th

On line assignments (5%)

Weekly activities (assignments) due Friday each week

Training Log Book Assignment (5%)

Collection of log books – **May 23rd**

The student will keep a detailed log of their workouts for the 6-week program.

Due Tuesday, June 15th

Warm up, Participation, Contribution (5%)

The student will lead the class in a 10 minute continuous warm up marked out of 5%. The following components will be evaluated: Volume and Clarity, Feedback, Ability to Motivate, Includes Whole Body, Variety, and Progression. **Plan to be handed in June 11th.**

Training (55%)

Students will be tested (pre and post training) for muscular endurance, muscular strength, flexibility, power and cardiovascular fitness. The student will determine his/her fitness goals and work with a partner in order to reach those goals. The student will complete each of the following pre-tests; a cardio fitness test (12 minute run), 4 muscular strength tests, 1 flexibility test, 3 power tests and 3 muscular endurance tests. **25% of their mark will be based on their top 6 pre-tests.** Students will then choose 6 tests that they will improve and train for 6 weeks. **30% of their mark will be based on their improvement of these 6 tests.**

Theory Exam (25%)

A multiple choice theory component (25%) based on information provided in class and in the course manual. **The final exam will be during week #6, date and location TBA.**

KIN2961A FOUNDATIONS OF TRAINING TECHNIQUE 2012 COURSE SCHEDULE

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

WEEK 1:

Day 1: Practical: Warm-Up, Cool-Down, Flexibility

Discussion: Introduction to Course and Schedule

Pre-Testing – Flexibility, Upper Body Power, Muscular Endurance

Day 2:

Pre-Testing – Cardiovascular, Lower Body Power, Muscular Strength

Day 3: Online Theory

Introduction, Warm-Up, Cool-Down, Flexibility (pg. 2-20)

Cardiovascular Training (pg. 21-24), Muscular Strength & Endurance – Definitions (pg. 25-36)

Completion of Pre-Testing

WEEK 2:

Day 1:

Practical: Resistance Training: Chest (57-63) Back (50-54)

Warm-ups

Day 2: **Training Program Design Due!**

Practical: Flexibility Training, Resistance Training – Legs (66-75)

Warm-ups

Day 3: Online Theory

Muscular Strength & Muscular Endurance – Definitions continued, Program Design (pg. 25-36)

Resistance Training- Principles (pg. 37-38)

Resistance Training - Periodization – Putting a Complete Program Together (pg. 26, 34 39-42)

WEEK 3:

Day 1: **HOLIDAY!**

Day 2:

Practical: Power Training, Resistance Training – Core, Shoulders, Biceps/Triceps

(Collection of Log Books for Review) May 23rd

Warm-ups

Personal Training Program begins!

Day 3: Online Theory

Power Training, Resistance Training – Core (pg. 48-49, 51) Shoulders (pg. 77-81)

Biceps/Triceps (pg. 55-56, 82-83)

WEEK 4:

Day 1: Practical Personal Training Program

Warm-ups

Day 2: Practical: Personal Training Program

Day 3: Practical: Personal Training Program

WEEK 5:

Day 1: Practical: Personal Training Program

Day 2: Practical: Personal Training Program

Day 3: Practical: Personal Training Program

WEEK 6:

Day 1: Practical: **Post-Testing:** Flexibility, Cardio, Muscular Strength – Chest

Day 2: Practical: **Post-Testing:** Muscular Endurance Planks, Leg Extension, Leg Curls, Leg Press

Day 3: Practical: **Post-Testing:** Power Tests, Push-ups

Final – Theory Exam (Location TBA)

Assessment of Personal Lifestyle & Training Program Design Assignment Due
Training Log Book Assignment Due

Active participation is required in all activity courses therefore 1% will be deducted from a student's final grade for each unexcused absence.

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, if applicable without appropriate documentation will result in a zero (0) grade.

2. **Documentation for Accommodation (Illness, Medical/Non-Medical Absences):**

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

The University recognizes that a student's ability to meet his/her academic responsibilities may on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

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

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, 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 medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student's Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted.*

An "Accommodation Consideration Request Form" found online

https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf or in the Kinesiology Undergraduate Office" for ALL 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.

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.

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently sat-</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>

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: 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.

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, Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations www.registrar.uwo.ca/examinations/exam_schedule.html

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. Please keep all electronic devices on silent and avoid distracting classmates. .

8. 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.

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.**

9. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>. Further 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.

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>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/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 & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>