

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2962A/B 008 A/007 B - Physical Activity for Specific Populations
Fall 2017/Winter 2018**

Instructor: Jason Kaszycki

Location: UCC 58 (A) / HSB 9 (B)

Lectures: T/Th: 2:30-4:30, F: 3:30-4:30 (A)

M/W: 2:30-4:30, F: 2:30-3:30 (B)

Office: N/A

Office Hours: By Appointment

Email: jkaszyck@uwo.ca

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 student-centred activity class is an introduction to the basic knowledge and techniques essential in designing exercise programs for specific populations. Students are expected to learn and put into practice techniques used to develop muscular strength and endurance, flexibility and cardiovascular fitness.

My Course Description:

This course is a student centered activity course. It is an introduction to the basic knowledge and techniques essential in designing activity and exercise programs for a sample of specific populations. Students are expected to learn and put into practice techniques used to develop muscular strength, muscular endurance, flexibility, aerobic fitness, and health activity for select specific populations. These populations will include: pre/post natal, seniors, children, obesity and other selected diseases.

.5 lecture/lab hours, 0.5 credit course.

Students will be expected to attend off campus learning events, participate in the modalities listed below, and participate in an aquatic component to the course.

Anti-requisite(s)!Pre-requisite(s)!Co-requisite(s)

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: T/Th: 2:30-4:30, F: 3:30-4:30 (A)

M/W: 2:30-4:30, F: 2:30-3:30 (B)

Location: UCC 58 (A) / HSB 9 (B)

Lectures, group discussion, and “field trips” to gain knowledge and understanding of, barriers associated with each specific population, research and trends related to each population, and activity and exercise programs for each population.

Activity sessions to engage in:

1. A variety of activities, muscular strength, muscular endurance, flexibility, and aerobic exercise specific to select populations.
2. Help students understand and gain kinetic awareness of potential barriers associated with each of the selected populations covered in this course.
3. The creation and implementation of individualized exercise training programs for specific populations.

Due to the nature of this course, students will require the use of a bus pass, or a reliable method of transportation, to facilities off-campus and/or within the London community.

Recommended Text: All required course content will be posted on OWL. Students will be required to locate retrieve research articles from the library and Internet.

Required Course Material:

All required readings will be posted on OWL.

Course Evaluation Summary:

1. Three Practical Exercise Field Trips (Pregnancy/Special Olympics/Youth) 15%
2. Group Led Fitness Class for Specific Populations (Pregnancy/Older Adults/Youth) 15%
3. Group Presentations on Specific Population 10%
4. Class Participation & Attendance 5%
5. Midterm (multiple choice, short and long answer) 25%
6. Final Exam (multiple choice, short and long answer) 30%

Course Evaluation Details:

1. Practical Exercise Field Trips will be held outside of class time. The following points apply to the field trip component:
 - all exercise class attended are complimentary (no charge). Students will need their own transportation to and from the class.
 - are to arrive 15-20 minutes before the start of class to introduce themselves, ask questions, meet the instructor and view the facility. You are to complete your “assignment sheet” following the class. It is expected that each student dresses appropriately and fully participates and experiences the class in its entirety.
 - In the case that a student is physically unable to participate, please speak with me before hand and we can discuss alternate options.
 - **You are to be respectful of the facility, instructors and clientele. Inappropriate behavior will result in a grade of zero on your assignment.**

Course/University Policies

1. **Lateness/Absences:** Assignments 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>

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 (Dates to be confirmed at beginning of course)

	Topics	Readings
Week 1	Pregnancy	TBD
Week 2	Field Trip #1 *Prenatal Yoga	Guest Lecture (September 14 th): Dr. Michelle Mottola
Week 3	Practical Assignment #1 *Pregnancy	Guest Lecture: TBD
Week 4	Older Adults	Aquafit Class
Week 5	Field Trip #2 *Special Olympics Bowling	Thanksgiving Friday – NO CLASS
Week 6	Fall Reading Week	Reading Week
Week 7	Practical Assignment #2 *Older Adults	Guest Lecture (October 20 th): Canadian Centre for Activity & Aging
Week 8	Review, Midterm Exam	Midterm: Thursday October 26th 2017
Week 9	Child and Adolescent	Guest Lecture: TBD
Week 10	Field Trip #3 *Child and Youth	Revolution Conditioning
Week 11	Practical Assignment #3 *Child and Youth	Special Olympics
Week 12	Obesity Theory	Canadian Obesity Network
Week 13	Group Presentations	Group Presentations
Week 14	Review, Final Exam	Final Exam: Thursday December 7th 2017