

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 3333Y – Leadership in Physical Activity
Fall 2017/Winter 2018**

Instructor: Alan Salmoni
Lectures: see class schedule below-

Office: TH 3159b
Office Hours upon request
Phone: 519-661-3541
Email: asalmoni@uwo.ca

Class Schedule

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|--------------|------------------|--------------------------------------|
| a) Tuesdays | 10:30 – 11:20 am | Alumni Hall Gym [mentors + protégés] |
| b) Thursdays | 10:30 – 11:20 am | NS 145 [mentors + protégés] |
| c) Thursdays | 11:30 – 12:20 pm | NCB 113 [mentors only] |

Note that because 2 of the 3 hours of class experiences are with the entire 350 first year students present with the mentors, it was difficult to procure classroom accommodation and thus the unusual location schedule. The class cycle will normally be b) to c) to a). That is, a general introduction to a topic will occur on Thursdays at 10:30 with the protégés present, followed by a more detailed planning period with the mentors on Thursdays at 11:30 to prepare mentors for “hands on work” with the protégés in Alumni Hall (or elsewhere when appropriate) on Tuesdays. Supporting documentation and details of these experiences will be posted on OWL on a regular basis.

Calendar Course Description:

This course will explore the theory and practice of leadership training in how physical activity affects resilience towards stress. Focused on a Mentor-Protégé model, students will be partnered with first-year students to provide guidance in physical activity. Course topics may include: personal management, relationship management and conflict management.

The Learning Opportunity/Experience

Kin 3333y is an experiential learning course, much like the hands-on experiences of students who are athletic trainers for varsity teams. Leadership experiences such as mentoring, leading discussions, making presentations, honing listening skills, and acting as a physical activity role model will be major learning opportunities in the course. Many of last year’s mentors suggested that this course/experience was the most beneficial and meaningful experience they had had during their entire Kinesiology program. They also appreciated that the mentoring experience and leadership skills gained added significantly to their résumés (e.g., LET certificate).

My Course Description:

Kin 3333y is largely experiential in nature. Using the knowledge and skills gained in first and second year, upper year Kinesiology students will be mentors for students (normally 2) in first year (first years are called “protégés”). The primary focus of the mentor experience is to act as guides to direct protégé participation in regular (5-7 days per week) physical activity throughout the school year. In addition, there will be significant opportunity to mentor protégés in many areas germane to their first-year experience. Prior to the start of first semester, mentors will receive LET certificate training that will complement and enhance earlier experiences in

Kinesiology. The LET training session will be held separate from the protégés. As the semester starts (week two) and since a successful mentor-protégé relationship is reciprocal in nature, most classroom experiences will be held with the mentors and protégés both present (see teaching cycle above). Mentors are also expected to spend 2-3 hours per week out-of-class time with their protégés.

[0.5 credit course; 3 hours of classroom experiences/week]

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.

Learning Outcomes

At the end of the course student mentors will:

1. Appreciate what it means to make physical activity a part of a healthy lifestyle (note that improvement in mental health in first year students is a major goal of the course).
2. Prescribe and evaluate a tailored physically active lifestyle.
3. Understand the connection between physical activity and a healthy lifestyle, including mental health.
4. Improve their communication skills.
5. Appreciate the challenges of building a mentor-protégé relationship and obtain the skills required to build a successful relationship.
6. Appreciate the value of reflective thinking and be better at using this tool to promote personal growth.
7. Obtain important stress management, time management, and conflict management skills.
8. Obtain a working knowledge of existing mental health services on campus.

Evaluation*

1. Class attendance – mentors are expected to attend all classes unless a medical accommodation is necessary (10%)
2. Mentor evaluation (by protégé) (10%)
3. Log book keeping including evaluation of protégé success and physical activity prescription management (20%)
4. Participation by mentor in physical activity (as recorded in mentor-protégé logbook (10%)
5. Self reflection at the end of the first semester (10%)
6. Updating of a mentor-protégé best practice manual for Kin 3333y (10%)
7. Self reflection at the end of the course, including self evaluation (30%)

*This is subject to some change after class discussion with mentors in week one of the course.

Class Topics**

**The exact order nature of topics is, by necessity, somewhat flexible. To gain depth of understanding topics may be repeated as experience unfolds.

1. During "O" week: LET training (2 days) – finished during week one
2. Other in-class or out-of-class training (certificate from Student Success Center)
3. Protégé assignment
4. Meeting your protégés; joint goal setting; icebreakers; meeting others in class (making new friends)
5. Access to campus services: recreational and health
6. The importance of physical activity to mental and physical health
7. Strategies used to cope with stress.
8. Making physical activity fun
9. Responsibility: understanding the roles of mentors and protégés
10. Building a trusting relationship
11. Conflict management
12. Participation: it takes two to have a functioning relationship and optimizing mentor-protégé gains
13. Self reflections and group reflections – where to next?
14. Achieving balance: nutrition, sleep, physical activity, social activity, and academics (including stories from role models/mentors)
15. Effective self management: time management, coping strategies
16. Facilitating open communication and feedback: being able to effectively communicate the good and the bad
17. Research day: Smart campus program and student-based research projects
18. Program and self evaluation: sharing success stories

Textbook

Gordon (2001). Leadership Effectiveness Training: L.E.T.

While the LET training is free (normally quite expensive), the required textbook is approximately \$100, although much cheaper prices are available on Amazon.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date 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.

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/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

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.