

School of Kinesiology  
 Faculty of Health Sciences  
 Western University

**KIN 3421A - Introduction to Professional Kinesiology  
 Fall 2017**

<b>Instructor:</b> Dr. Marc Mitchell Assistant Professor	<b>Office:</b> TBD <b>Office Hours:</b> Wednesday 1:30-3:30pm
<b>Location:</b> FIMS & Nursing Bldg 1220	<b>Phone:</b> 519-661-2111 x TBD
<b>Lectures:</b> MWF 11:30am-12:20pm	<b>Email:</b> mmitc26@uwo.ca

**TA:** TBD  
**Email:** TBD

**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

**Calendar Description:**

This course is designed to develop an understanding of how Kinesiology can be applied in a professional context to enhance the health, wellness, and functional capacity of clients. Students will learn how fundamentals of professional kinesiology including program models, clinical skills, privacy/ethics considerations, with the purpose of introducing the practice of Professional Kinesiology.

**My Course Description:**

This course will assist students in developing an understanding of how Kinesiology can be applied in a professional context to enhance the health, wellness, and functional capacity of clients and/or populations. The course objective is to introduce the practice of Professional Kinesiology by providing an overview of some of the fundamentals of the profession, including: its place in the Ontario context, core competencies and scope of practice, professionalism, practice settings and program models, clinical and non-clinical skills, exercise prescription, and digital solutions. This course will be delivered in lectures, and facilitated by partner and group activities using problem and case-based learning approaches. Written assignments will facilitate knowledge building and skill development as well. This course is a prerequisite for the new Professional Kinesiology placement course (Kin 4594T) starting 2018-19.

**Pre-requisite:**

Successful completion of second year Kin (including 2230 Introductory Exercise Physiology)

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 Monday, Wednesday, Friday 11:30am-12:30pm  
 Location FIMS & Nursing Bldg 1220

**Recommended Text:** None.

**Learning Objectives:**

Upon completion of this course students will be able to:

1. **Identify and delineate** the origin of Professional Kinesiology and its place within the Ontario healthcare system, the core competencies of a Professional Kinesiologist as defined by the College of Kinesiologists of Ontario, as well as theoretical terms, concepts, and philosophies related to the profession. (Knowledge)
2. **Compare and contrast** Professional Kinesiology practice settings, program models, clinical skills/decisions, and digital solutions pertaining to the profession. (Analysis)
3. **Synthesize** research and practical knowledge about the Professional Kinesiology profession and determine how these might be applied in clinical and non-clinical settings. (Comprehension)
4. Begin to **Develop** skills in professional, ethical, and clinical decision making as they pertain to the work of a Professional Kinesiologist. (Application)
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the topics discussed in class. (Reflection)

**Required Course Material:**

All required readings will be posted on OWL.

**Course Evaluation Summary:**

1. Policy brief	25%
2. Ethical case study, in-class test	25%
3. Class participation/pop quizzes (2x7.5%)	15%
4. Final exam	35%

**Course Evaluation Details:**

1. **Policy brief (25%) DUE:** Wednesday, September 27

Since 2007, Professional Kinesiology has been a regulated health profession in Ontario. The province does not fund Professional Kinesiology services, however. The province does provide a tax incentive, but it is meager, and not likely useful for most Ontarians. Some Family Health Teams in Ontario include Professional Kinesiologists as part of their inter-disciplinary teams, but decisions to fund the position are made on a clinic-by-clinic basis. Furthermore, most insurance companies do not cover expenses incurred for Professional Kinesiology services for plan members. Some companies and organizations allow for Professional Kinesiology services to be reimbursed as part of flexible 'health spending' accounts, but these options are limited and piecemeal. One of

the main barriers to broad 'integration' of Professional Kinesiology into Ontario's health and wellness sector is lack of funding.

In this era of fiscal constraint, and with our aging population, please argue **FOR** or **AGAINST** extended funding for Professional Kinesiology services in Ontario in a 1-page policy brief. You may decide to zero your argument in on one or two specific Professional Kinesiology services (refer to PK 'scope of practice' for list of services) that you think warrant additional funding, or you may choose to make a case for Professional Kinesiologists in general. Also, in this policy brief, your 'audience' should be **EITHER** Ontario's Deputy Minister of Health, or an insurance company decision-maker. Each has distinct but similar set of concerns which you should outline in the 'Introduction'. For instance, the Deputy wants to spend taxpayer dollars as effectively and efficiently as possible, but also needs to help the government of the day achieve their policy objectives. On the other hand, the insurance company decision-maker wonders how she can reduce the cost burden that chronic disease medications and short- and long-term disability her company shoulders.

The policy brief should include the following elements (subject to change; more detail to follow):

- 1) Short and Catchy Title (10 words or less; 1 point)
- 2) Executive Summary (75 words or less; 3 points)
- 3) Introduction (3 points)
- 4) Evidence Supporting Policy Option (5 points)
- 5) Conclusion (2 points)
- 6) Recommendation (2 points)
- 7) Reference section (3 points)

*Note: These points serve as the rubric for this policy brief for a total of 19 marks.*

The policy brief should be no more than 1-page single spaced (regular margin sizes, 12-point Times New Roman font). It is important for students to be able to locate key documents/reference in public health policy (gray literature, research, advocacy papers). The reference section should therefore include no fewer than 5 high-quality references presented in an APA format (see APA details below). All papers are due at the beginning of class. Late papers will not be accepted.

## **2. Ethical case study** (25%) DUE: Wednesday, October 4 (or preferably the Friday before Thanksgiving?)

Every healthcare professional at some point comes face-to-face with an ethical dilemma or legal issue. The dilemmas and issues are many and varied and could involve anything from a conflict with a colleague or superior, to a privacy breach (e.g., client personal health information gone missing), to a complaint by a client to your regulatory body about the quality of your service. In this in-class test, an ethical case will be presented and using the information presented in class you will be asked to describe: (1) how the dilemma or issue could have been prevented (or severity minimized), as well as (2) how best to manage the dilemma or issue once it has occurred (or been discovered). The marking rubric for this in-class test will be presented in class.

### 3. **Class participation/Pop-quizzes** (2x7.5%=15%)

THREE pop quizzes will be given at the beginning of three separate classes with the purpose of testing knowledge gained through weekly readings. The TOP TWO scores will be used to calculate the total 'pop quiz' mark out of 15% (so students can drop their lowest score). The quizzes will be in a multiple-choice format (7-10 questions).

### 4. **Final Examination** (35%) (scheduled by Registrar's Office)

The final exam will be CUMULATIVE (meaning all material covered since the first class will be fair game). However, about 20% of the exam material will be drawn from the first half of the course (before reading week), and about 80% from the second half (after reading week).

## **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 Kinesiology Undergraduate Office **not** to the instructor, with a request for relief specifying the nature of the accommodation being requested. This 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 Kinesiology Undergraduate office. 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](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.”

## Tentative Weekly Schedule

Date	Topic	Readings (Posted on OWL)
September 8	Introduction to Professional Kinesiology (PK) in Ontario	TBD
September 11	Introduction to PK in Ontario (cont'd)	
September 18	PK Practice: Scope, Settings, Models <i>*Assignment this week</i>	
September 25	Professionalism	
October 2	Professionalism (con'td) <i>*In-class test this week</i>	
October 9	NO CLASS	
October 16	Clinical PK – focus on clinical skills	
October 23	Clinical PK – focus on sports	
October 30	Clinical PK – focus on occupational health	
November 6	Clinical PK – focus on chronic diseases (overweight/obesity, type 2 diabetes and cancer)	
November 13	Clinical PK – focus on chronic diseases (cardio-vascular, pulmonary)	
November 20	Digital Solutions – social media, health apps, and wearable activity monitors	
November 27	Professional development Wrap-up and review	