

**Western University
Faculty of Health Sciences
School of Kinesiology**

**KINESIOLOGY 3550A
Kinesiology at Work!**

Dave Humphreys

Office: TH 4182

Email: dhumphr4@uwo.ca

Office Hours: I am happy to meet with you daily between 7 am-2 pm by appointment

Telephone: 519-661-2111 x82685

Class Times and Location:

Lecture A&H Bldg. 1B06

Labs TH1102

Tuesday 9:30am-11:30am

Thursdays* 8:30am-10:30am

*** Alternating Schedule**

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

Calendar Course Description:

Students will draw on knowledge gained throughout their undergraduate courses and apply them along with new concepts as we discuss common occupational injuries, basic ergonomics and occupational biomechanics.

My Course Description:

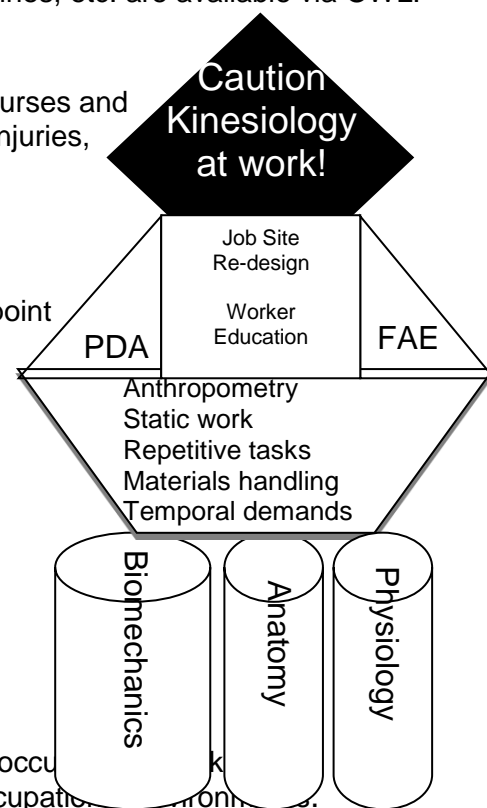
This course has been called “Kinesiology at Work” for two reasons:

1) It will “put to work” much of your undergraduate knowledge base to this point as you 2) apply it to the study of people at work. Within a framework of common occupational tasks, we will discuss and apply basic ergonomic and biomechanical principles as they apply to their assessment and design. Other topics to be covered include Physical Demands Analysis, Functional Abilities Evaluations and employee education strategies.

Learning Objectives:

Upon completion of this course students will be able to:

- Identify and delineate theoretical terms, concepts, and philosophies related to humans and their work environment
- Compare and contrast theoretical approaches to job-site assessment and modification.
- Access and apply practical knowledge to complete assessments of occupational injuries, job-site modification techniques and worker education in various occupational environments.



Pre-requisites:

While not a biomechanics course per se, I recommend that you have some background/are comfortable discussing basic terms and doing basic calculations used in biomechanics, as this is one of the pillars which this course was built on.

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course. Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

Course Evaluation Summary

Lab Assignment	1	10%
Group Assignment	2	15%
Midterm-Nov 7 rd Class time		30%
Final		35%
Participation/Pop quizzes		10%

Proposed Schedule of Topics*

Week	Lecture	Lab
Sept 7, 2016 TH-3101		Course Intro and history of the field
1 Sept 12-14	Anthropometry	Lab 1a Anthro – Section 002
2 Sept 18-22	Body Mechanics at Work!	Lab 1b Anthro - Section 003
3 Sept 25-29	Work Environment and Goniometry	Lab 2 Goniometry (Both sections 1 hr) 002 8:30-9:20 003 9:30-10:20
4 Oct 2-6	Heavy Work Static work	Lab 3a Physiology - Section 002
Oct 9-13	Thanksgiving and fall break	
5 Oct 16-20	Posture/ NIOSH	Lab 3b Physiology - Section 003
6 Oct 23-27	Liberty Mutual Tables	Lab 4a NIOSH - Section 002
7 Oct 30-3	Work-related Musculoskeletal Disorders Full class- Thursday during lab time	LAB 4b NIOSH - Section 003
8* Nov 6-10	Midterm exam All sections. Room TBA	Full class Guest Lectures Ergonomics as a Career
9 Nov13-17	REBA/RULA	Lab 5 REBA/RULA (Both sections 1 hr) 002- 8:30-9:20 003 9:30-10:20

Week	Lecture	Lab
10 Nov 20-24	Noise	Full class Vision/light
11 Nov 27-30	Group Presentations (Full class)	Group presentation (full class)
12 Dec 4-7	Group Presentations	

* Topics and order may vary by term

Please make sure you are familiar with the information below!

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.

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.”