

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

**KINESIOLOGY 3550A
Kinesiology at Work!**

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Office Hours: Thursday 10:30AM-12PM *by appointment only*

<u>Class Times and Location:</u>	Lecture SH 2355	Tuesday 9:30am-11:30am
	Labs TH1102	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 principles as they apply to job and product design. Other topics to be covered include Risk Assessment methods, Physical Demands Descriptions, WSIB and the Return to Work process.

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 tasks job-site modification techniques and worker education in various occupational environments.

Pre-requisites:

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	10%
Group Assignment	15%
Midterm Exam	30%
Final Exam	40%
Participation	5%

Course Evaluation Details

Assignment #1: Workplace and Task Design

Using data collected in lab, students will apply evaluation tools presented in lecture to answer questions on a take home assignment. This assignment will reinforce how various scientific branches (e.g. anthropometrics, biomechanics) are applied to ergonomic design and analysis.

Assignment #2: Group Presentation

- a) In pre-assigned groups of four, students will pick a relevant topic in ergonomics. The goal of this assignment is to produce some type of educational material that could be used to educate employees in various occupations.
- b) Students will present their project over the final weeks of the term, during a short 10-minute presentation. During this time students will describe their ergonomic topic and why it is important to an organization. The class will have the opportunity to ask questions and give feedback.

Course/University Policies

1. **Lateness/Absences:** Assignments are due as per 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, 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</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/>

Proposed Schedule of Topics*

WEEK	LECTURE	LAB
Sept 6 th AHB – 1B04		Intro to Ergonomics in System Design
1 Sept 10-14	Anthropometry in Workstation Design	Lab 1a Anthro – Section 002
2 Sept 17-21	Risk Factors & Assessment Methods	Lab 1b Anthro - Section 003
3 Sept 24-28	Occupational Biomechanics	Lab 2 – PDDs (Both sections 1-hr) 002- 8:30-920 003- 930-1020
4 Oct 1-5	Work Physiology – Static & Dynamic Work	Lab 3a – Physiology – Section 002
Oct 8-12	FALL BREAK – THANKSGIVING	
5 Oct 15-19	Manual Handling Tasks / Standing & Sitting at Work	Lab 3b – Physiology – Section 003
6 Oct 22-26	Liberty Mutual Tables / NIOSH Equation	Lab 4a – NIOSH – Section 002
7 Oct 29-Nov 2	Upper Extremity Injuries	Lab 4b – NIOSH – Section 003
8 Nov 5-9	MIDTERM EXAM All Sections – Rm Location TBA	
9 Nov 12-16	REBA / RULA	Lab 5 – REBA / RULA (Both sections 1-hr) 002- 8:30-920 003- 930-1020
10 Nov 19-23	Sound, Noise and Vibration	The Visual Environment
11 Nov 26-30	Group Presentations (Full Class)	Group Presentations (Full Class)
12 Dec 3-8	Legislation, WSIB and Return to Work	

* Topics and order may vary by term