

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

**KIN 2000A - Physical Activity and Health**  
**Fall 2019**

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| <p><b>Instructor:</b> Dr. Marc Mitchell<br/> <b>Office:</b> Arts &amp; Humanities Bldg Rm 3R12B<br/> <b>Email:</b> marc.mitchell@uwo.ca<br/> <b>Phone:</b> 519/661-2111 x87936<br/> <b>Office Hrs:</b> Thursday 2-3pm, by appointment</p> <p><b>TAs:</b></p> <p style="padding-left: 40px;">@uwo.ca</p> <p style="padding-left: 40px;">@uwo.ca</p> <p style="padding-left: 40px;">@uwo.ca</p> | <p><b>Lectures:</b> Th 10:30am - 12:30pm</p> <p><b>Room:</b> Somerville House Rm 3345</p> |
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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

**Calendar Course Description (including prerequisites/anti-requisites):**

The course focuses on the significant impact that physical activity has on optimal health and well-being. Students will be introduced to, and their knowledge enhanced in, concepts in the area of physical activity and health by exploring the scientific evidence base for the relationships among physical activity, well-being and disease.

**Antirequisite(s):** Kinesiology 2271B if taken in 2013-14.

**Extra Information:** 2 lecture hours. Note: This course may not be taken for credit by students registered in the School of Kinesiology.

*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 your Dean 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.*

**NOTE: If you wish to enrol in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.**

### **My Course Description**

This course will focus on the significant impact of a healthy lifestyle, specifically physical activity, on optimal health and wellness. This course will introduce students to, and enhance students' knowledge of concepts in the area of physical activity and health with a focus on exploring the scientific bases of the relationships between physical activity, wellness, and disease. Physical activity is considered a vital component of health and can play a significant role in the prevention, management, and treatment of numerous health-related conditions, as well as in overall life satisfaction. As such, the increasing rate of physical inactivity among the Canadian population is a primary health concern. This course will provide a foundation of knowledge in topics related to the relationship between physical activity and health.

### Learning Outcomes/Schedule:

Upon completion of this course, students will be able to:

1. **Identify and delineate** key terms and concepts related to physical activity and health. (Knowledge)
2. **Compare and contrast** physical activity surveillance methods, health effects in different populations, and physical activity promotion methods. (Analysis)
3. **Synthesize** research and practical knowledge around physical activity and health. (Comprehension)
4. Begin to **Develop** skills in recognizing the substantial health benefits of regular physical activity in different sub-populations. (Application)
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the topics discussed in class. (Reflection)

### Required Course Material/Text:

All required readings will be posted on OWL.

### Course Evaluation:

|   |                               |
|---|-------------------------------|
| 1. Mid-term Test (Oct. 10)  | 30% (25% for myth presenters) |
| 2. Tracking Assignment(s) (Sept 12, Sept 26, Oct 31, Nov 28)  | 15%                           |
| 3. Myths Debunked (optional 5-min myth presentation; a maximum of 50 students will be able to present their findings – max. 5 students per week for 10 weeks) | 15%                           |
| 4. Final Exam (Scheduled by Registrar's Office)   | 45% (35% for myth presenters) |

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

### Evaluation Details:

#### 1. Mid-term test

Multiple choice format (50 questions).

## 2. Tracking Assignment

Let's practice what we preach! For this semester-long assignment I would like for you to track your daily physical activity. You can track gym or exercise class attendance using a printable diary (I used to print calendar months out and use that) or other (tech-enabled) ways. You can also track your step count using many different apps (HealthKit or GoogleFit being the obvious choices) or wearables (e.g., FitBit, Jawbone, Garmand). The point is I would like for you to self-monitor your physical activity (broadly defined) this entire semester (starting on the first day of class, and ending on the last day of class). This assignment is made up of four components:

*Commitment contract (3%):* For the second class (September 13) please complete the contract (see OWL) and submit electronically (via OWL) by the beginning of class. Late contracts will result in lost marks.

*Assignment completion (4% x 3):* This assignment will be deemed 100% 'complete' if tracking assignments (with every single day officially tracked for that month, including inactive or no physical activity days) are submitted via OWL on **due dates** (midnight deadline). The 2<sup>nd</sup> and 3<sup>rd</sup> submissions should also indicate whether your physical activity has a) increased, b) decreased, or c) stayed about the same compared to the previous month (at least one metric (e.g., gym visits in a month, average daily step count, other) should be used to quantify your assessment). Complete assignments (regardless of amount of activity completed) will earn full marks.

## 4. Myths Debunked (optional presentation)

The purpose of this 5-min presentation (5 slides) will be to dispel a commonly held belief (myth) about physical activity. The presentation should peak the audience's interest, be evidence based, and succinct. Given the size of the class and limited time, only 50 students will be able to present. The mid-term and final exams will be weighted slightly lower for these students.

## 4. Final Examination

Multiple choice format (80 questions). The final exam will be cumulative (meaning all material covered since the first class will be fair game). However, about 25% of the exam material will be drawn from the first half of the course, and about 75% from the second half.

## Tentative Weekly Schedule

| Date    | Topic   | Notable Events                 |
|---------|---|--------------------------------|
| Week 1  | Introduction                                      |                                |
| Week 2  | Are Canadians physically active?                  |                                |
| Week 3  | Benefits (and risks) of physical activity (PA)    |                                |
| Week 4  | Beware your chair                                 | Guest Lecture: Dr. Avi Biswas  |
| Week 5  | The incredible medicine of movement               |                                |
| Week 6  | Mid-term  | Mid-term                       |
| Week 7  | How much PA do I <i>really</i> need?              |                                |
| Week 8  | Training principles                               |                                |
| Week 9  | If movement is medicine, how do you prescribe it? |                                |
| Week 10 |   | Reading Break                  |
| Week 11 | Is there such a thing as too much exercise?       | Guest Lecture: Dr. Laura Banks |
| Week 12 | If movement is medicine, how do you prescribe it? |                                |
| Week 13 | Make it stick                                     |                                |
| Week 14 | Review  |                                |

## Course/University Policies

### 1. Statement on Use of Personal Response Systems (“Clickers”)

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic 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](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.

### 3. 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.**

### 4. Health and Wellness:

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.

### 5. 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/>

### 6. Documentation for Academic Accommodation (Illness, Medical/Non-Medical Absences):

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence (see below for conditions)
- (ii) For medical absences exceeding 48 hours, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to their Academic Counselling in their Faculty of registration in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences exceeding 48 hours, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration in order to be eligible for academic consideration. Students are encouraged to contact

their Academic Counselling unit to clarify what documentation is appropriate.

Students seeking academic consideration **must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

**The following conditions are in place for self-reporting of medical or extenuating circumstances:**

- a. a maximum of two self-reported absences between September and April and one self-reported absence between May and August;
- b. any absences in excess of the number designated in clause a above will require students to present a Student Medical Certificate (SMC) or appropriate documentation supporting extenuating circumstances to the Academic Counselling unit in their Faculty of registration no later than two business days after the date specified for resuming responsibilities.
- c. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
- d. The duration of the excused absence will terminate prior to the end of the 48 hour period should the student undertake significant academic responsibilities (write a test, submit a paper) during that time;
- e. The duration of an excused absence will terminate at 8:30 am on the day following the last day of classes each semester regardless of how many days of absence have elapsed;
- f. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
- g. Self-reporting may not be used for assessments (e.g. midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

For medical and non-medical absences that are not eligible for self-reporting Kinesiology students must submit an Academic Consideration Request form found online [https://www.uwo.ca/fhs/kin/undergrad/files/accommodation\\_request.pdf](https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf) in addition to an SMC or appropriate documentation in the event of a non-medical absence. 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.

7. **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.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

- November 9th, 2019 (for first term half-courses)
- November 27th, 2019 (for full-year courses)
- March 4th, 2020 (for second term half-or full year courses)

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| A+ | 90-100   | <i>One could scarcely expect better from a student at this level</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>  |

**Rounding of Grades** (for example, bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

8. **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.

9. **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>