

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

**KIN 2991B - Coaching and Sport Leadership  
Winter 2019**

<p><b>Instructor:</b> Carla Silva  <b>Office:</b> Arthur and Sonia Labatt Health Sciences Building (HSB), Room 345  <b>Email:</b> csilva42@uwo.ca  <b>Phone:</b> 519/661-2111 x86680  <b>Office Hrs:</b> Friday 1.30- 2.30  <b>TAs:</b> TBA</p>	<p><b>Lectures:</b> Fr 12:30pm - 1:30pm  <b>Room:</b> FIMS &amp; Nursing Bldg Rm 3210</p> <p><b>Lab 002</b> Mo 8:30am - 10:30am ~ FNB2220  We 8.30 am- 10.30am~ WSRC GrnGym  <b>003</b> Tue 12.30pm -14:30pm ~ FMS &amp; N 2220  Thu 12:30pm -14:30pm ~ WSRC GrnGym</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):**

This student-centered movement class is an introduction to the knowledge and techniques essential in educating individuals in movement competency/proficiency and leading groups of individuals efficiently. Students are expected to take active responsibility for their learning and support the learning of their peers, in a class where success will greatly depend upon their engagement.

**Prerequisite(s):** Completion of the first year Kinesiology program and registration in the School of Kinesiology.

**Extra Information:** Attendance and commitment to all proposed tasks is essential for success. Modalities of assessment include group and individual assignments spread out throughout the term. Due to the practical character of the course, there will be no final exam.

*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 enroll 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 is a student-centered movement module course that will enable students to gain practical skills related to the practical education of individuals and coaching physical activity across the lifecycle. This course is designed to develop essential instructional skills and competencies to teach, coach and lead in movement centred contexts. A reflective approach to learning and professional practice underpins this learning process within a pedagogical context in which other students are essential for your learning and academic success.

5 lecture/seminar/practical lab hours per week, 0.5 credit course.

## Learning Outcomes/Schedule:

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

1. Articulate your leadership approach as 'movement' professionals.
2. Plan movement sessions adapted to different contexts.
3. Demonstrate essential instructional skills, such as planning, demonstrate, provide feedback, manage classes, adapt exercises to specific individuals/groups, and apply different instructional techniques.
4. Reflect upon your own performance and learning, making use of different sources of information.
5. Present on a specific theme, connecting academic knowledge, practical experience and reflection.

## Required Course Material/Text:

All required readings will be posted on OWL.

## Tentative course schedule:

The following is a tentative schedule for our weekly topics and lectures. Note that this schedule may change. An up-to-date lecture schedule will be provided on OWL; it is your responsibility to be aware of changes made.

Unit	Lecture Date	Topic
1	J6/7 (Seminar)	Presentation and getting to know each other Introduction to the course Goals, themes, philosophy, expectations and ways of working together
		A servant leadership model in sport: theory and practice Establishing groups Plan the practical session
	J8/9 (Practical lab)	Practical session
2	J10	Basic instruction skills: planning and core strategies for effective sessions
	J13/14	Planning a session
	J15/16	Practical session
3	J17	Preventive group management
	J20/21	Planning a session
	J22/22	Practical session
4	J24	Coaching styles, communication, instructional formats
	J27/28	Planning a session
	J29/30	Practical session
5	J31	The reflective practitioner
	F3/4	Planning and doing reflection
	F5/6	Practical session
6	F7	Personal philosophy and translation into practice
	F10/11	Planning a session
	F12/13	Practical session
7	F14	Approaches to teaching technical skills
	F24/25	Planning a session
	F26/27	Practical session
8	F28	Learning through games
	M2/3	Planning a session
	M4/5	Practical session
9	M6	Inclusive practice and Principles of adaptation
	M9/10	Planning a session
	M11/12	Practical session

10	M13	Disability sport
	M16/17	Planning a session
	M18/19	Practical session
11	M20	Creating inclusive games
	M23/24	Planning a session
	M25/26	Practical session
12	M27	Delivering a good presentation
13	M30/31	Group presentations
	A1/2	Group presentations
14	A3	Course plenary

### Course Evaluation Summary:

	Date	%
1. Learning contract	14 <sup>th</sup> January	2.5%
2. Weekly group task submission (2% p/week)	Jan. (18, 25), Feb.(1, 8, 15, 29), Mar. (7, 14, 21, 28)	25%
3. Group tasks (2 of the submitted tasks to be marked)	Same as above.	10%
4. Individual reflection 1500-1600 words	9 <sup>th</sup> February 15% 5 <sup>th</sup> April 15%	30%
5. Peer-assessment	5 <sup>th</sup> April	10%
6. Group presentation (15 min. + 5 min. questions)	Plan submission: 29 <sup>th</sup> March Presentations: 30 <sup>th</sup> March and 1 <sup>st</sup> April	20%
7. Self- evaluation. Learning contract.	5 <sup>th</sup> April	2.5%

### Course evaluation details:

1. Learning contract. The learning contract will be discussed in the first lab. You will need to fill in the form available on the OWL site and submit this via the assignment tool.
2. Weekly group task submission.  
At the beginning of the term, students will be organized into groups of 4. This working group will remain the same throughout the term. Each week, during the seminar and the practical lab, each group will develop specific tasks, related to the weekly theme, which final product will need to be submitted through the assignment tool on OWL. Session plans and group reflections are examples of the tasks that may be requested. Each individual in the group will be granted 2.5% of the mark, as long as the assignments respect the main criteria for the tasks.  
  
If the student fails to attend a seminar or practical lab session, the same tasks need to be submitted **individually** to be granted the same percentage. This possibility can **only be used twice** in a term.
3. Group tasks.  
The instructor will randomly select two of the submitted tasks by the group, to be individually marked.
4. Individual reflection.  
You will reflect upon your own learning and development, considering the different practical

challenges and the themes explored in the course. Reflection will be a regular process undertaken in the sessions, and a guide to this assignment will be made available on OWL (resources). The word length for this assignment is between 1500-1600 words.

5. Peer-Assessment. You will be asked to mark the other students in your group, regarding engagement, commitment, collaborative attitude, responsibility and accountability. This process will be anonymous.
6. Group presentation. Each group will select a particular theme to present on, connecting academic knowledge with practical experience and reflection. The duration of this presentation is 15 min., followed by 5 min. of questions. A presentation plan and script must be submitted via OWL, by the 29<sup>th</sup> March, no later than 23.00.
7. Learning contract. Resubmit the initial learning contract, this time with the section for self-assessment filled in.

**Formatting: The word count for all assignments exclude the references and title page, if included. Documents should be double-spaced and formatted using a font size no smaller than 12 points. Referencing should follow the APA guidelines.**

The deadline to submit an assignment via OWL is 23.00 on any given date. Please, note that during busy times, it may take up to 2 hours to submit a document. It is your responsibility to make sure you submit your assignment on time.

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.

### **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)

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>