Western University
Faculty of Health Sciences
School of Kinesiology

KIN 2992B - Fitness Assessment and Strength Training
Winter 2020

Instructor: Molly Driediger **Office:** Arts & Humanities Bldg 3G22 **Email:** mdriedig@uwo.ca **Phone:** 519/661-2111 x 85078 **Office Hrs:** By appointment **TAs:** **Sha Parihar** sha.parihar@uwo.ca	**Lectures:** Fr 9:30am - 10:30am **Room**: FIMS & Nursing Bldg Rm 2240 **Lab** 002 TuTh 8:30am - 10:30am ~ TRAC 003 MoWe 8:30am - 10:30am ~ TRAC

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 course is an introduction to the basic knowledge and techniques essential in designing exercise programs for beginners. Students will be expected to learn and put into practice techniques used to develop muscular strength, power, hypertrophy, speed/agility, flexibility and cardiovascular fitness.

Antirequisite(s): Kinesiology 2961A/B.
Prerequisite(s): Completion of the first year Kinesiology program and registration in the School of Kinesiology.
Extra Information: 5 lecture/laboratory hours.

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 is a student-centred activity course. It is an introduction to the foundation of knowledge essential in designing individualized strength and conditioning programs for beginners. Along with an introduction to client history and fitness assessment, students will learn to execute and safely coach novice exercisers through the fundamental movement patterns (hinge, squat, lunge, and horizontal and vertical press and pull) with proper form. Students will be expected to learn and apply techniques used to develop muscular strength, hypertrophy, power, speed and agility, flexibility and cardiovascular fitness.

Learning Outcomes/Schedule:

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

1. Conduct a thorough client history and evaluation of a client's readiness to participate in physical activity or exercise through the collection of subjective and objective fitness assessment protocol.

2. Coach and monitor the performance of a variety of exercises based on the primary movement patterns (i.e., hinge, squat, lunge, and horizontal and vertical pull and press) as well as progressions, regressions, and modifications.

3. Develop and implement individualized training programs to improve some of the following goals: muscular strength, hypertrophy, power, speed and agility, flexibility and cardiovascular fitness.

4. Design and implement training programs to incorporate a variety of equipment that may be used to help clients achieve their exercise goals.

Course format
Two labs (2 hours each) and one lecture (1 hour), for a total of 5 hours per week.
Lecture: Friday 9:30-10:30 am
Activity sessions/labs: 8:30-10:30 am Tuesday & Thursday (002); Monday & Wednesday (003)

Due to the nature of this course, including the requirement for active participation, please dress accordingly (e.g., running shoes, shorts or gym pants/leggings, t-shirts or sweaters) for both activity sessions/labs. If you wish to change prior to class, please arrive early and use the change rooms provided in the adjoining Western Student Recreation Centre (WSRC).

Due to the number of students in each laboratory section, students are not permitted to attend alternate lab sections. YOU MUST ATTEND THE SESSION YOU ARE REGISTERED FOR.

Tentative Schedule
Please note that this is a tentative schedule. As such, the content and sequence of topics are subject to change at the discretion of the instructor.

Week	Lab 1	Lab 2	Lecture
Week 1	Course introduction & overview	Client consultation & fitness assessments Goal setting	Technique fundamentals & Safety Warm-up/cool-down
Week 2	Lab space introduction Fitness assessments Goal setting	Warm-up/cool-down	Motivational interviewing
Week 3	Primary movements	Primary movements	Primary movements
Week 4	Primary movements	Primary movements	Program design and primary movements
Week 5	Primary movements	Primary movements	Resistance Training (RT) for endurance
Week 6	Endurance	Endurance	RT for hypertrophy
Week 7	READING WEEK – no labs or lecture		
Week 8	Hypertrophy	Hypertrophy	RT for strength

Week 9	Strength	Strength	Cardiorespiratory training Weight loss
Week 10	Cardiorespiratory fitness	Cardiorespiratory fitness	Training for performance: power, speed and agility
Week 11	Power, speed and agility	Power, speed and agility	Injury prevention Flexibility
Week 12	Injury prevention Flexibility	Injury prevention Flexibility	Exam review
Week 13	TBD	TBD	Final exam

Required Course Material/Text:
All required readings will be posted on OWL.

Course Evaluation:
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	Value	Description	Date
Attendance/participation via training logbook	25%	Students will be required to attend all lab sections and participate as both trainer and client. Students will track the workouts of their "clients" during each lab by recording aspects of each session in their logbook.	Logbooks will be handed in after each lab. Participation will be summed twice during the semester: Jan. 6-Feb. 14th (12.5%); Feb. 24th-March 31st (12.5%)
Assignment # 1: client history and assessment	10%	Students will be required document their client's history, subjective and objective assessments, and exercise goals. A draft program plan will be developed.	Feb. 7th
Assignment # 2: coaching exercise demonstration	15%	Students will be evaluated on their ability to coach a beginner exerciser through specific movement(s).	Week 8-13
Assignment # 3: program development	20%	Students will be required to develop a 4-week program for a hypothetical beginner exerciser.	March 20th

Final exam	30%	Comprehensive exam based on all material covered in the course. Multiple choice.	Held during final exam period in April

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

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

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 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	*One could scarcely expect better from a student at this level*
A	80-89	*Superior work that is clearly above average*
B	70-79	*Good work, meeting all requirements and eminently*
C	60-69	*Competent work, meeting requirements*
D	50-59	*Fair work, minimally acceptable.*
F	below 50	*Fail*

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