

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 2992Y - Fitness Assessment and Strength Training
Fall 2021**

<p>Instructor: Dr. Molly Driediger Office: AHB 3G22 Email: mdriedig@uwo.ca Phone: 519-661-2111 ext. 85078 Office Hrs: By appointment</p> <p>TAs: Mitchell Sammut msammut2@uwo.ca Jeremy Walsh jwals4@uwo.ca Sarah Mattiello smattiel@uwo.ca Adam Redgrif aredgrif@uwo.ca</p>	<p>Lectures: Online & asynchronous</p> <p>Fall 2021 Instruction Mode: Blended 1.5h/week online asynchronous 1h/week in-person laboratory at Thompson Recreation and Athletic Centre (TRAC)</p> <p>Start of winter term 2022: 2h/week online <i>asynchronous</i>, self-directed 0.5h <i>synchronous</i> weekly meeting with TA on MS Teams during scheduled lab time</p>
---	---

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

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

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 is a student-centered activity course. It is an introduction to the foundation of knowledge essential in designing individualized conditioning programs for beginner exercisers. Along with an introduction to client screening, history and fitness assessment, students will learn to properly execute and safely coach novice exercisers through the primary movement patterns (hip hinge, squat, lunge, horizontal and vertical push and pull). In combination with an introduction to theory, students will be expected to learn and implement techniques used to develop muscular endurance,

strength, hypertrophy, power, speed and agility and cardiorespiratory fitness.

Overarching Course Objective:

Individuals need to move correctly and efficiently to engage in safe, effective physical activity.

Learning Outcomes:

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

1. Summarize and apply **health behaviour change theories** and **psychological strategies** to promote the initiation and maintenance of exercise among healthy adults.
2. Recognize and adhere to the current Canadian 24-Hour **Movement Guidelines** when designing conditioning programs for individuals.
3. Source, interpret, **critically appraise**, and discuss fitness-related media and scholarly articles.
4. Conduct a thorough **client history** and evaluate a client's readiness to participate in exercise through the collection of subjective and objective **fitness assessment protocol**. **Prescribe exercise** for individuals based on this information.
5. Model an understanding of **basic anatomy**, anatomical terms, and planes of movement in mastering the execution and coaching of exercises and movement patterns.
6. Formulate and communicate effective constructive feedback to **coach** other individuals through a variety of exercises based on the **primary movement patterns** (i.e., hip hinge, squat, lunge, horizontal and vertical push and pull).
7. Apply **program design** concepts and training parameters to develop **individualized** conditioning programs to improve the following: muscular endurance, strength, hypertrophy, power, speed and agility and cardiorespiratory fitness.
8. Apply knowledge in a **real-world setting** to learn to value service through field-based experiential learning with community partners. *Dependent upon COVID-19 situation. This may occur virtually for 2021-22.

Course Format:

Full year, 0.5 course, blended design, ~2.5h/week

Weekly tasks include:

- a) Pre-lab preparation via online asynchronous micro-lectures, video clips, and/or readings (~30min-1h/week)
- b) Mandatory in-person lab at **Thompson Recreation and Athletic Centre** (TRAC; 1h/week)
- c) Independent and partner or team-based online activities and/or discussions (~30min-1h/week)

Weekly tasks during virtual delivery:

- a) Pre-lab preparation via online asynchronous micro-lectures, video clips, and/or readings (~30min-1h/week)
- b) Mandatory online meeting with TA via MS Teams **during first 10 minutes** of scheduled lab time
- c) Independent online discussions and partner-based online activities (e.g., weekly workouts) using MS Teams

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 labs. Please

note: TRAC is often cool as this space houses the arena. You may wish to wear/bring a sweater or light jacket.

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). You may also use the lockers located at the TRAC during lab time for bags, boots, etc. However, the contents must be removed at the end of each lab. Please bring a lock to secure your belongings.

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.

Required Course Material:

The **Weekly Lessons** tool in **OWL** will be used to outline weekly tasks, learning objectives and resources. Asynchronous micro-lecture video clips will be delivered within **Weekly Lessons**. Video clips will provide the information required to complete in-person labs, and therefore, must be viewed prior to the student's assigned weekly lab session.

Microsoft Teams will be used to communicate with instructors, to promote collaboration among students and facilitate student-led experiential learning via shared movement videos and peer feedback. Information on joining our course Team and the Team for your assigned lab section, will be posted on OWL. Please join these two Teams before Sept. 10th.

There is no textbook for the course.

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	Topic	Pre-Lab Task	Lab	Evaluation
Unit # 1 Fitness Assessment				
Week 1 (Sept. 8-10 th)	Introduction to course expectations, OWL and Microsoft Teams	Read syllabus, browse OWL	NO LABS this week Join Microsoft Teams	No participation marks
Week 2 (Sept. 13-17 th)	Introduction to instructors and lab Theories of behaviour change: Goal setting	Review lecture clips	Meet at North Practice field during assigned lab time	No attendance marks Post to Teams
Week 3 (Sept. 20-24 th)	Client intake: information & tools Client interview & history	Review lecture clips and surveys	Meet at Thompson Athletic and Recreation Centre (TRAC) during assigned lab time	Lab attendance
Week 4 (Sept. 27 th - Oct. 1)	Warm-up & cool down Physical activity readiness	Review lecture clips Create goals	Group warm-up & cool down Personal Challenge	Lab attendance Post to Teams
Week 5 (Oct. 4-8 th)	Athropometric & aerobic fitness tests	Review protocol to prepare for lab	Height, weight, waist circumference,	Lab attendance

	RT terminology Health Behaviour Ratings		One-mile walk 1.5-mile run	
Week 6 (Oct. 12-15 th) Thanksgiving	Musculoskeletal, balance, and flexibility fitness tests Evaluation of Fitness Assessment	Review protocol to prepare for lab	Endurance, power, balance and flexibility	Lab attendance Post to Teams
Week 7 (Oct. 18-22)	Spinal control & stability Functional anatomy review Exercise equipment & Safety Program Prescription Planning	Review lecture clips Review anatomical terms, planes and movement	Pre-habilitation & injury prevention Intro to ex equipment	Lab attendance
Week 8 (Oct. 25-29 th)	Introduction to coaching & safety Intro to primary movement patterns	Review lecture clips	Primary movement patterns	Lab attendance Fitness Assessment & Client History Assignment due
Week 9 (Nov. 1-5 th)	FALL READING WEEK			
	Unit # 2 Primary Movement Patterns			
Week 10 (Nov. 8-12 th)	Primary movement patterns	Review lecture clips	Horizontal & vertical push & pull	Lab attendance QUIZ # 1
Week 11 (Nov. 15-19 th)	Primary movement patterns	Review lecture clips	Squat, hip hinge, lunge	Lab attendance
Week 12 (Nov. 22-26 th)	RT for muscular endurance General program planning	Review lecture clips	Training for endurance Partner # 1	Lab attendance Post to Teams
Week 13 (Nov. 29-Dec. 3 rd)	RT for muscular endurance Movement patterns Exercise equipment	Review lecture clips	Training for endurance Partner # 2	Lab attendance Primary Movement Instructional Video Assignment due
Week 14 (Dec. 6-8 th)	No content		No labs this week	
	WINTER BREAK			
	Unit # 3 Program Design			

Week 1 (Jan. 10-14 th)	Review of training parameters, goals and training principles Exercise hacks & creative equipment	Review lecture clips	ONLINE: MS Teams meeting at scheduled lab time Goals Personal challenge RT for muscular endurance	Online lab attendance check-in at start of lab on MS Teams Post to Teams – online discussion
Week 2 (Jan. 17-21 st)	Primary Movement Pattern Progressions Exercise Prescription: RT for muscular hypertrophy	Review lecture clips	ONLINE: MS Teams meeting at scheduled lab time Movement pattern progressions RT for muscular hypertrophy	Online lab attendance check-in at start of lab time on MS Teams
Week 3 (Jan. 24-28 th)	Primary Movement Pattern Progressions	Review lecture clips	ONLINE: MS Teams meeting at scheduled lab time Movement pattern progressions RT for muscular hypertrophy	Online lab attendance check-in at start of lab time on MS Teams Post to Teams – online discussion
Week 4 (Jan. 31-Feb. 4 th)	Review of exercise equipment & safety Exercise prescription: RT for muscular strength	Review lecture clips	Lab at TRAC (as situation allows) RT for muscular strength	In-person lab attendance (as situation allows) Exercise Prescription: Program Plan Assignment due (Feb. 4th)
Week 5 (Feb. 7-11 th)	Exercise prescription: RT for muscular strength	Review lecture clips	RT for muscular strength	Lab attendance (as situation allows) Post to Teams – online discussion
Week 6 (Feb. 14-18 th)	Cardiorespiratory training (CRT)	Review lecture clips	RT for muscular strength	Lab attendance (as situation allows) Primary Movement Coaching Evaluation starts after reading week during labs

Week 7 (Feb. 21-25 th)	SPRING READING WEEK			
Week 8 (Feb. 28-Mar. 4 th)	Cardiorespiratory training Training for performance	Review lecture clips	CRT: Aerobic exercise intensity Anaerobic training Primary Movement Coaching Evaluation	Lab attendance
Week 9 (Mar. 7-11 th)	Review for quiz	Review lecture clips	RT + Aerobic training Primary Movement Coaching Evaluation	Lab attendance QUIZ # 2
Week 10 (Mar. 14-18 th)	Cardiorespiratory training	Review lecture clips	RT + Aerobic training Primary Movement Coaching Evaluation	Lab attendance Post to Teams – online discussion
Week 11 (Mar. 21-25 th)	Training for performance	Review lecture clips	Performance training Primary Movement Coaching Evaluation	Lab attendance
Week 12 (Mar. 28-Apr. 1 st)	Program design review		Performance training Primary Movement Coaching Evaluation	Program Design Assignment due (April 1st)
Week 13 (Apr. 4-8 th)	No content		Primary Movement Coaching Evaluation	

Course Evaluation:

Due dates are provided below and will be communicated on OWL **Calendar** and within OWL **Assignments**.

“Late” policy: Assigned work, including formal assignments, online activities, discussions, and lab work documentation are due as communicated below and on OWL. Assignments are due **before** the date and time listed (there is no grace period). Assignments that are submitted late without accommodation will be docked 20%. For each additional day late, the assignment will be reduced by 20%. After 5 days, students will no longer be able to submit the assignment and will receive a grade of zero.

Course-specific conditions: To pass this course, students must have participated in a minimum number of in-person labs (50%). Failure to attend at least 50% of labs will result in a lab participation mark of zero. Given that the content covered in labs provides the information necessary to complete assignments, students who do not meet the minimum, may be ineligible to complete course assignments and meet course objectives.

Evaluation	Value	Description	Learning Outcome	Date
PARTICIPATION				
Lab Participation	20%	<p>Students will work in partners to participate as both “trainer” and “client” to fulfill learning objectives.</p> <p>*In-person lab attendance will be mandatory for the course. Students are required to attend at least 50% of labs to pass the course.</p> <p>Students are expected to be prepared and on-time for their scheduled lab, to demonstrate effortful engagement and professional and collaborative conduct.</p> <p>The grading scheme will be posted on OWL.</p> <p>*If in-person is not possible due to the COVID-19 situation, students will be responsible for completing lab tasks online. Microsoft Teams will be used to facilitate and monitor online collaboration and participation.</p> <p>Online lab participation marks consist of checking-in with TA during weekly meeting on MS Teams AND posting the weekly lab task to MS Teams.</p>	1, 4, 5, 6, 7, 8	<p>Assessed weekly</p> <p>10% per term; 1%/lab</p> <p>In-person labs start the week of Sept. 13th</p> <p>Online lab attendance starts week of Jan. 10th</p>
Online Participation	10%	<p>Students will use Microsoft Teams to participate in online activities, discussions, and to present work completed during lab time.</p> <p>Students will provide constructive feedback to each other and reflect on their own learning.</p> <p>The grading scheme and schedule of these will be posted</p>	1, 3, 5, 6, 7	Assessed 4 times per term

		on OWL. Students are expected to maintain appropriate conduct and professionalism when communicating with other students and instructors using Teams.		
TESTS				
Online Quizzes	10%	Students will be required to complete two asynchronous online quizzes on OWL to evaluate their knowledge of the content delivered.	1, 2, 5, 6, 7	Quiz # 1 – Friday Nov. 12th Quiz # 2 – Friday Mar. 11th
ASSIGNMENTS				
Fitness Assessment & Client history	10%	During weekly labs, students will be required to record and analyze a client's history, subjective and objective fitness assessments, and exercise goals.	1, 2, 4	Due Oct. 29th
Primary Movement Instructional Video	15%	Students will be evaluated on their ability to demonstrate how to effectively execute and communicate key aspects of the primary movement patterns.	5, 6, 8	Video due Friday Dec. 3rd
Exercise Prescription: Program Plan	5%	Using the FITT principle, students will be assessed on their ability to develop and prescribe a draft training plan based on evaluation of an individual's fitness assessment and exercise goals.	1, 2, 4, 7	Due Friday Feb. 4th
Primary Movement Coaching Evaluation	10%	Students will be evaluated on their ability to monitor and coach another individual through the primary movement patterns. Students will be randomly selected to be evaluated on their ability to coach another student during the last 6 weeks of labs in the winter term. Should we continue online, this assignment will be submitted with a partner, as a video.	5, 6	Practical testing commences during lab time The week of Feb. 28th (after reading week)
Program Design Assignment	20%	Students will be required to design a 4-week individualized conditioning program for another individual.	1, 2, 7	Due Friday April 1st

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. **Use of Recording Devices and Course Content:** Instructors own and retain the intellectual property rights of their teaching materials. These rights extend to materials used in online settings and digital learning management systems like OWL and Microsoft Teams. Students do not have the right to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for any reason inclusive of nefarious purposes (e.g., for sale or to cheat on exams). It is the decision of the instructor as to how and when teaching materials can be shared or used. Unless explicitly noted otherwise, you may not make audio or video recordings of pre-recorded lectures or other course materials, including that which is posted by other students on Microsoft Teams. Nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website or on Microsoft Teams.

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. **Accommodation, Illness Reporting and Academic Considerations:**

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

Accommodation Policies

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](#).

Academic Consideration for Student Absence

<https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html>

Attendance at weekly in-person labs is mandatory. Any absence from your assigned lab without appropriate accommodation (Self-Reported Absence or accommodation through Academic Counselling) will result in a grade of zero toward your weekly lab participation. Failure to attend 50% of labs will result in an overall lab participation grade of zero and may also impact your ability to complete assignments and fulfill the course objectives. If you are absent from lab, you will need to make up the missed work. Contact your instructor for direction.

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.**

Please note: Assignments, online tasks, or lab documents that are not submitted on time because of a Self-Reported Absence will be **due within 72 hours** from the original due date and time. Assignments not handed in within 72 hours will be penalized according to the course "late policy" (docked 20% per day up to a maximum of 5 days. After 5 days, the assigned work will receive a grade of zero). If you miss an online quiz, there will be NO make-up. Your quiz mark will be re-weighted to the other quiz. Your grade will be entered as zero on Gradebook until both quiz dates have passed.

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#)

and for the Student Medical Certificate (SMC), see:

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

7. **Examination Conflicts:** A student with examinations having flexible submission times (e.g., where one or more examination is a take-home examination) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request accommodation with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online examinations, an “Examination Conflict Room,” which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. **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 the attention of the instructor 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 12th, 2021 (for first term half-courses)
- November 30th, 2021 (for full-year courses)
- March 14th, 2022 (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 satisfactory</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”.

9. Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor. In the event that online learning is required, a stable internet connection with working microphone and webcam will be required. As has been the case in the past, the decision to pivot to online learning

will be made by Western, and not individual instructors or departments (excepting temporary online instruction in the event of instructor illness)

10. Online Etiquette: Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please “arrive” to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor’s request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- if you wish to speak, use the “raise hand” function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of “netiquette”:

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. “Flaming” is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

11. 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>

12. Masking Guidelines

Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom (and WSRC) as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation. Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks. Students unwilling to wear a mask as stipulated by Western policy and public health directives will be referred to the Dean, and such actions will be considered a violation of the

student Code of Conduct.

13. Course Absences due to Daily COVID Screening Questionnaire

Missed assessments (e.g., presentations, essays, quizzes, tests, midterms, etc.) require formal academic considerations (typically self-reported absences and/or academic counselling). Methods for dealing with missed work and course content are at the discretion of the instructor(s). Students should be aware that some learning outcomes cannot be easily made up and may need to be completed in a subsequent year. Your instructor will provide you with further information as to how this applies within this course. Students who demonstrate a pattern of routinely missing coursework due to self-reported COVID symptoms, and therefore do not demonstrate mastery of the learning outcomes of the course, will not receive credit for the course.

14. COVID-19 Vaccinations

By the start of classes, virtually all students should have at least one dose of the vaccine. All students without a vaccine exemption will be fully vaccinated by October 12th. Between September 7th and October 12th, individuals who are not fully vaccinated (e.g., individuals who are awaiting their second vaccine dose) will be required to participate in rapid antigen testing. These individuals will be required to provide proof of two negative tests per seven-day period, with each test separated by a minimum of 72 hours. This testing may be done either on campus, in the UWO Vaccination and Testing Centre, or by a third-party licensed pharmacist/practitioner approved by the University, who shall administer the test and submit the testing results directly to the University. Further details on the vaccination policy may be found in MAPP 3.1.1, available here:

https://www.uwo.ca/univsec/pdf/policies_procedures/section3/mapp311_covid19.pdf

Individuals who fail to comply with testing requirements, or who misrepresent their vaccination status, will face academic sanctions up to and including expulsion.