Instructor: Dr. Molly Driediger  
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TAs:  
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Lectures: Online & asynchronous  
Fall 2021  
Instruction Mode: Blended  
1.5h/week online asynchronous  
1h/week in-person laboratory at Thompson Recreation and Athletic Centre (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): The former 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 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.

FW21
**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)

*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.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Pre-Lab Task</th>
<th>Lab</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unit # 1 Fitness Assessment</strong></td>
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</tr>
<tr>
<td>Week 1 (Sept. 8-10th)</td>
<td>Introduction to course expectations, OWL and Microsoft Teams</td>
<td>Read syllabus, browse OWL</td>
<td><strong>NO LABS this week</strong></td>
<td>No participation marks</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Join Microsoft Teams</td>
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</tr>
<tr>
<td>Week 2 (Sept. 13-17th)</td>
<td>Introduction to instructors and lab Theories of behaviour change: Goal setting</td>
<td>Review lecture clips</td>
<td>Meet at <strong>North Practice field</strong> during assigned lab time</td>
<td>No attendance marks <strong>Post to Teams</strong></td>
</tr>
<tr>
<td>Week 3 (Sept. 20-24th)</td>
<td>Client intake: information &amp; tools Client interview &amp; history</td>
<td>Review lecture clips and surveys</td>
<td>Meet at Thompson Athletic and Recreation Centre (TRAC) during assigned lab time</td>
<td>Lab attendance</td>
</tr>
<tr>
<td>Week 4 (Sept. 27th-Oct. 1)</td>
<td>Warm-up &amp; cool down Physical activity readiness</td>
<td>Review lecture clips Create goals</td>
<td>Group warm-up &amp; cool down Personal Challenge</td>
<td>Lab attendance <strong>Post to Teams</strong></td>
</tr>
<tr>
<td>Week 5 (Oct. 4-8th)</td>
<td>Anthropometric &amp; aerobic fitness tests RT terminology Health Behaviour Ratings</td>
<td>Review protocol to prepare for lab</td>
<td>Height, weight, waist circumference, One-mile walk 1.5-mile run</td>
<td>Lab attendance</td>
</tr>
</tbody>
</table>
| Week 6  
(Oct. 12-15<sup>th</sup>)  
**Thanksgiving** | Musculoskeletal, balance, and flexibility fitness tests | 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<sup>th</sup>) | 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<sup>th</sup>) |  |  |  |  
**FALL READING WEEK**
---|---|---|---|---|
| **Unit # 2**  
Primary Movement Patterns |  |  |  |  
---|---|---|---|---|
| Week 10  
(Nov. 8-12<sup>th</sup>) | Primary movement patterns | Review lecture clips | Horizontal & vertical push & pull | Lab attendance 
*QUIZ # 1*
---|---|---|---|---|
| Week 11  
(Nov. 15-19<sup>th</sup>) | Primary movement patterns | Review lecture clips | Squat, hip hinge, lunge | Lab attendance
---|---|---|---|---|
| Week 12  
(Nov. 22-26<sup>th</sup>) | 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<sup>rd</sup>) | 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<sup>th</sup>) | No content |  |  |  
**No labs this week**
---|---|---|---|---|
| **WINTER BREAK** |  |  |  |  
---|---|---|---|---|
| **Unit # 3**  
Program Design |  |  |  |  
---|---|---|---|---|
| Week 1  
(Jan. 3-7<sup>th</sup>) | Primary Movement Pattern Progressions  
Exercise equipment & Safety | Review lecture clips | Movement pattern progressions | Lab attendance 
*Post to Teams* |
| Week 2  (Jan. 10-14th) | Primary Movement Pattern Progressions  
Exercise equipment & Safety | Review lecture clips | Movement pattern progressions | Lab attendance  
Exercise Prescription: Program Plan Assignment due |
|---|---|---|---|---|
| Week 3  (Jan. 17-21st) | RT for muscular strength | Review lecture clips | Training for strength  
Partner # 1 | Lab attendance |
| Week 4  (Jan. 24-28th) | RT for muscular strength | Review lecture clips | Training for strength  
Partner # 2 | Lab attendance  
Post to Teams |
| Week 5  (Jan. 31-Feb. 4th) | RT for muscular hypertrophy | Review lecture clips | Training for mass  
Partner # 1 | Lab attendance  
Primary Movement Coaching Evaluation starts next week during labs |
| Week 6  (Feb. 7-11th) | RT for muscular hypertrophy | Review lecture clips | Training for mass  
Partner # 2 | Lab attendance |
| Week 7  (Feb. 14-18th) | Cardiorespiratory training | Review lecture clips | Aerobic exercise intensity  
Anaerobic training | Lab attendance |

Week 8  (Feb. 21-25th)  
**SPRING READING WEEK**

<table>
<thead>
<tr>
<th>Week 9  (Feb. 28-Mar. 4th)</th>
<th>Cardiorespiratory training</th>
<th>Review lecture clips</th>
<th>Aerobic training</th>
<th>Lab attendance</th>
</tr>
</thead>
</table>
| Week 10  (Mar. 7-11th) | Cardiorespiratory training | Review lecture clips | Aerobic training | Lab attendance  
QUIZ # 2 |
| Week 11  (Mar. 14-18th) | Training for performance | Review lecture clips | Training for performance  
Partner # 1 | Lab attendance  
Post to Teams |
| Week 12  (Mar. 21-25th) | Training for performance | Review lecture clips | Training for performance  
Partner # 2 | Lab attendance  
Program Design Assignment due |
| Week 13  (Mar. 28-Apr. 1st) | TBD | | | |

**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.

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Value</th>
<th>Description</th>
<th>Learning Outcome</th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>PARTICIPATION</strong></td>
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<tr>
<td>Lab Participation</td>
<td>20%</td>
<td>Students will work in partners to participate as both “trainer” and “client” to fulfill learning objectives.</td>
<td>1, 4, 5, 6, 7, 8</td>
<td>Assessed weekly 10% per term; 1%/lab In-person labs start the week of Sept. 13th</td>
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<td>*In-person lab attendance will be mandatory for the course. Students are required to attend at least 50% of labs to pass the course.</td>
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<td>Students are expected to be prepared and on-time for their scheduled lab, to demonstrate effortful engagement and professional and collaborative conduct.</td>
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<td>The grading scheme will be posted on OWL.</td>
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<td>*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.</td>
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<tr>
<td>Online Participation</td>
<td>10%</td>
<td>Students will use Microsoft Teams to participate in online activities, discussions, and to present work completed during lab time.</td>
<td>1, 3, 5, 6, 7</td>
<td>Assessed 4 times per term</td>
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<td>Students will provide constructive feedback to each other and reflect on their own learning.</td>
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<td>The grading scheme and schedule of these will be posted on OWL.</td>
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<td>Students are expected to maintain appropriate conduct and</td>
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<tr>
<td>Test Type</td>
<td>Weight</td>
<td>Description</td>
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<tr>
<td><strong>TESTS</strong></td>
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<tr>
<td>Online Quizzes</td>
<td>10%</td>
<td>Students will be required to complete two asynchronous online quizzes on OWL to evaluate their knowledge of the content delivered.</td>
<td>1, 2, 5, 6, 7, Quiz # 1 – Friday Nov. 12th, Quiz # 2 – Friday Mar. 11th</td>
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<tr>
<td><strong>ASSIGNMENTS</strong></td>
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<tr>
<td>Fitness Assessment &amp; Client history</td>
<td>10%</td>
<td>During weekly labs, students will be required to record and analyze a client’s history, subjective and objective fitness assessments, and exercise goals.</td>
<td>1, 2, 4, Due Oct. 29th</td>
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<tr>
<td>Primary Movement Instructional Video</td>
<td>15%</td>
<td>Students will be evaluated on their ability to demonstrate how to effectively execute and communicate key aspects of the primary movement patterns.</td>
<td>5, 6, 8, Video due Friday Dec. 3rd</td>
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<tr>
<td>Exercise Prescription: Program Plan</td>
<td>5%</td>
<td>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.</td>
<td>1, 2, 4, 7, Due January 14th</td>
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<tr>
<td>Primary Movement Coaching Evaluation</td>
<td>10%</td>
<td>Students will be evaluated on their ability to monitor and coach another individual through the primary movement patterns.</td>
<td>5, 6, Practical testing commences during lab time on Tuesday, Feb. 8th</td>
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<tr>
<td>Program Design Assignment</td>
<td>20%</td>
<td>Students will be required to design a 4-week individualized conditioning program for another individual.</td>
<td>1, 2, 7, Due March 25th</td>
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</table>

**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 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: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

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 24-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 7th, 2022 (for second term half-or full year courses)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>One could scarcely expect better from a student at this level</td>
</tr>
<tr>
<td>A</td>
<td>80-89</td>
<td>Superior work that is clearly above average</td>
</tr>
<tr>
<td>B</td>
<td>70-79</td>
<td>Good work, meeting all requirements and eminently satisfactory</td>
</tr>
<tr>
<td>C</td>
<td>60-69</td>
<td>Competent work, meeting requirements</td>
</tr>
<tr>
<td>D</td>
<td>50-59</td>
<td>Fair work, minimally acceptable.</td>
</tr>
<tr>
<td>F</td>
<td>below 50</td>
<td>Fail</td>
</tr>
</tbody>
</table>

**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.