Western University
Faculty of Health Sciences
School of Kinesiology

KIN 2000 – Physical Activity and Health
Winter 2023

Instructor: Dr. Cassie Ellis **Email:** cellis42@uwo.ca **Office Hrs:** Office Hours held by TAs. TBD. **TAs:**	**Lectures:** Thursdays 10:30am-12:30pm **Room:** AHB-1R40 Link to Classroom **Instruction Mode:** Blended: Lectures Synchronous, delivered in-person and through Zoom (link will be provided)

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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.

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

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

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

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Statement on Prerequisite Checking
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 will focus on the significant impacts of physical activity and exercise on overall health and wellness. We will introduce and enhance students' knowledge of concepts in the area of physical activity and health with a focus on exploring the scientific bases of the relationships between physical activity, exercise, and disease. Physical activity is considered a vital component for maintaining overall health of individuals and populations of individuals, and can play a significant role in the prevention, management, and treatment of numerous health-related conditions. As such, the increasing rate of physical inactivity and sedentary behaviour among the Canadian population is a primary health concern. This course will provide a foundation of knowledge in topics related to the relationship between physical activity and health.

Learning Outcomes/Schedule:
1. Identify and delineate key terminology and concepts related to physical activity and health.
2. Understand and explain benefits and risks of physical activity.
3. Understand and explain benefits and risks of sedentary behaviour.
4. Compare physical activity & exercise guidelines/prescription for different populations.
5. Develop critical appraisal skills for physical activity & exercise prescription and measurement.
6. Further develop abilities to *critically reflect* upon learning, relate to topics discussed in class.

Tentative Weekly Schedule: topics and order of delivery subject to change

	Date	Topic	Notable Events
1	January 12th	Introduction & Expectations	
2	January 19th	Are Canadians Physically Active (PA)?	
3	January 26th	Benefits (and risks) of Physical Activity	Quiz #1 (Jan 28-29)
4	February 2nd	Sedentary Behaviour	Tracking #1 Due
5	February 9th	Exercise is Medicine	
6	February 16th	PA & Exercise in Special Pops - Guest Lecture	Myth Topic due; Quiz #2 (Feb 18-19)
	Feb 20-24th	Reading Break	
7	March 2nd	Midterm	Tracking #2 Due
8	March 9th	PA Guidelines & Exercise Training Principles	Make-up midterm; Quiz #3 (Mar 11-12)
9	March 16th	Aerobic Exercise Prescription	
10	March 23rd	Resistance Exercise & Flexibility Prescription	Myth Presentation Due; Quiz #4 (Mar 25-26)
11	March 30th	Prescribing Movement as Medicine	Tracking #3 Due Apr 1
12	April 6th	Adopting & Maintaining an Active Lifestyle	Last Class
	April 10-30th	Final Exam Period	

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

Course Evaluation:

1. Mid-term Exam	25%
2. Peer-Assessed Activity Tracking Assignment	15%
3. Quizzes (4 x 5%)	20%
4. Myths Debunked Group Project	10%
5. Final Exam	30%

Note. 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. Acceptable reasons might include hospital stays, serious illness, family emergencies (e.g., injury, illness, death).

1. **Mid-term test**: 25%. Multiple choice format (50 questions).
- In the event the midterm is missed, and accommodations are secured, a re-write will be offered in the form of make-up exam the following week.

2. **Tracking Assignment:** It's time to practice what we preach! For this semester-long assignment, you'll track your daily physical activity using one of three methods: 1) an activity tracking watch, 2) an activity tracking app, or 3) manually writing down the amount of time you were active each day, e.g., "Weights 20 min" or "Yoga 45 min" or "Spin class 60 min". You can track your step count using many different apps (e.g., HealthKit or GoogleFit) or wearables (e.g., FitBit, Apple, Garmin). Self-monitor your activity the entire semester (January 1st to March 31st). You will be graded based on the following:

- **Assignment completion (3 x 3% = Total 9%):** assignment deemed 100% 'complete' if tracking assignments (with days officially tracked for that month) are submitted via OWL
    - The submission must indicate whether your fitness changed compared to the previous month's submission, e.g., February should indicate whether your physical activity has *a) increased, b) decreased,* or *c) stayed about the same compared to previous month* January (use at least one metric to quantify your assessment). Completed assignments (regardless of amount of activity completed, no judgment!) will earn full marks.
- **Peer Mark (3 x 2% = Total 6%):** You will be required to mark 3 of your peers' submissions for every Peer Tracking Assignment. Grading criteria will be posted.

Task Item	Due Date	% Total Grade
PA Track 1	Feb 2nd	3%
Peer Mark 1	Feb 8th	2%
PA Track 2	Mar 2nd	3%
Peer Mark 2	Mar 8th	2%
PA Track 3	Apr 1	3%
Peer Mark 3	Apr 5th	2%
	Total	**15%**

- 3 PA Tracking Assignments (3% ea) + 3 Peer Grading (2% ea) = Total = 15%

3. Quizzes: Asynchronous, 4 online quizzes, %5 each, will be completed through OWL. Multiple choice, fill in the blank, and true/false questions. You will be provided a 48hour window to complete the Quiz, 10 minutes to complete, with one opportunity to submit. If you miss a quiz, you will receive a zero, unless accommodations were secured, whereby a makeup quiz will be provided.

Quiz #	Date
1	Jan 27-28
2	Feb 17-18
3	Mar 11-12
4	Mar 25-26

4. **Myths Debunked (presentation):** The purpose of this 5-min presentation (group project) will be to dispel a commonly held belief (myth) about physical activity. The presentation should peak the audience's interest, be evidence-based, and succinct. Submit to your assigned TA. Details and rubric will be provided.

- As this is an ongoing group assignment, no alternatives will be provided. In the event of an emergency, please contact your assigned TA immediately and secure accommodations.

5. **Final Examination**: Multiple choice format (~75 questions). The final exam will be cumulative, however, ~25% of the exam material will be drawn from the first half of the course, and ~75% from the second half.

Assistance with Class Material

- The preferred means for students to get assistance with course material requirements is to ask questions during lectures. Remember, it is unlikely that you are the only one with the question/problem.
- A second option is to ask the course instructor or TAs during office hours, or before or after class. It is also possible to contact the course instructor via email; however, the sheer number of students in this course may not allow for a timely response.
- Note: it is the student's responsibility to obtain ancillary lecture notes/materials when they have missed a class (i.e., students must get this information from a colleague in the class). The instructor will not provide an ancillary lecture in the case of a missed class.

Course/University Policies

1. The website for Registrarial Services is http://www.registrar.uwo.ca.

In accordance with policy, the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. **Academic Offences**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the Academic Calendar (westerncalendar.uwo.ca).

Plagiarism
Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All 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 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 (www.turnitin.com).

Re-submission of Previously Graded Material
Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams
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 Electronic Devices

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 electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

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. 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.**

Personal Response Systems ("clickers") may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.
You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else's clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

4. Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the Western Multicultural Calendar.

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact Accessible Education, which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found here.

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances that are medical or compassionate in nature. These extenuating circumstances may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. In all cases, students are advised to consult with the academic counsellors in their home units, at their earliest opportunity. Academic counsellors may refer students to Accessible Education for ongoing academic accommodations.

Most forms of academic consideration require documentation, and this documentation is to be submitted to academic counsellors within five (5) business days of their return to academic responsibilities. Any such 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. Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the student's instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course

requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note- it is insufficient to provide documentation indicating that student "was seen for a medical reason" or "was ill.").

Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. Under no circumstances are students expected to submit rationales for (or documentation of) any absences, to course instructors. Students are, however, required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

Examination Conflicts
A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) 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 academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a "Conflict Room," wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

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

In the event of a situation that requires this course to pivot to online content delivery, 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

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.

6. **Online Proctoring**

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service.

More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: https://remoteproctoring.uwo.ca.

7. **Grades**

Where possible assignment objectives and rubrics will be posted on OWL.
Generally, students can expect some form of feedback on their performance in a course before the drop date.

- November 12th, 2022 (for first term half-courses)
- November 30th, 2022 (for full-year courses)
- March 7th, 2023 (for second term half-or full year courses)

A+	90-100	*One could scarcely expect better from a student at this*
A	80-89	*Superior work that is clearly above average*
B	70-79	*Good work, meeting all requirements and eminently satisfactory*
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. The final grade documented is the grade that you have achieved. 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".

Appealing a Grade Within this Course

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student's Home Department and Faculty.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three

weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses

8. **Support Services**

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.

There are various support services around campus and these include, but are not limited to:
Student Development Centre -- *http://www.sdc.uwo.ca/ssd/*
Ombudsperson Office -- *http://www.uwo.ca/ombuds/*

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