

Western HealthSciences

School of Kinesiology

KIN 4490E - Senior Research Project 2025/2026

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Important Dates

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
September 4	November 3–9	December 9	December 10	December 11–22

September 30, 2025, is National Day for Truth and Reconciliation and is a non-instructional day

December 1, 2025: Last day to withdraw from a first-term half course without academic penalty

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
January 5	February 14–22	April 9	April 10–11	April 12–30

March 30, 2026: Last day to withdraw from a first-term half course without academic penalty

Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Laura Misener	lmisene@uwo.ca	TBD
Laura Fitzgibbons-Collins (term B only)	TBD	TBD

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top

toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description (including prerequisites/anti-requisites):

Independent research project in Kinesiology involving presentation of proposal, collection and analysis of data, presentation of results, and final written report as a scholarly paper.

Antirequisite(s): Kinesiology 4443E, Kinesiology 4444E.

Prerequisite(s): Restricted to students registered in the fourth year of the Honours Specialization Kinesiology; permission of the School of Kinesiology.

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

Students will design and conduct an original research study addressing a topic within the field of kinesiology. The project involves preparing and formally presenting a research proposal, collecting and analyzing empirical data using appropriate methodologies, and interpreting findings in relation to existing literature. Students will communicate their results through both an oral presentation and the submission of a final scholarly output formatted to professional standards. The course emphasizes critical thinking, research ethics, and the development of skills in scientific writing and dissemination of knowledge.

Course Summary

1. The goal of this course is to provide a student with the opportunity to conduct a research project under the supervision of a Kinesiology faculty member. Projects may cover a variety of designs and topics including, but not limited to, program design, experimental design, historical reviews, analysis of current sport/physical activity/health topics, health promotion, and empirical research involving human subjects.
2. While the form and format of the project is to be determined by the supervisor and the student, empirical research should include the development of the research question(s), the design of the study, completion of ethics and development of the human participants (where necessary), participant recruitment and data collection, analysis and completion of the final report.
3. KIN 4490E is not an opportunity to gain credit for volunteer work in a research/teaching lab.
4. KIN 4490E project must be supervised by a Kinesiology faculty member. The following Faculty members are eligible to accept students (Note: Faculty members may choose not to accept students in any given year):

Dr. A. Ali
Dr. K. Boldt
Dr. A. Christie
Dr. M. Driediger
Dr. K. Esmonde
Dr. K. Fewster
Dr. M. Heath
Dr. G. Teare

Dr. D. Howe
Dr. D. Humphreys
Dr. D. Keir
Dr. S. McWatt
Dr. J. Melling
Dr. M. Mitchell
Dr. L. Misener

Dr. M. Mottola
Dr. L. Nagamatsu
Dr. D. Pamukoff
Dr. E. Pila
Dr. A. Schneider
Dr. C. Rice
Dr. K. Shoemaker

5. Projects are restricted to Kinesiology students who are in their fourth year of study.
6. Before a student can be registered in KIN 4490E, a contract must be completed and signed by: a) the student, b) the supervising faculty member, and c) the Director of Kinesiology
7. Students cannot receive remuneration for work completed as part of the KIN 4490E experience.
8. In the case where human participants are involved, Western Research Ethics specifies that ethics approval must be obtained prior to any data collection, as outlined in the University Policy statement at <http://www.rcr.ethics.gc.ca/eng/policy-politique/framework-cadre/>.

Course Procedures

1. Students must contact an appropriate Kinesiology faculty member to discuss their proposal, faculty expectations, completion date, and evaluation. Preference will be given to students with an academic average 80% and above.
2. Once a verbal arrangement has been made, a KIN 4490E contract should then be signed by the supervising faculty member and the student and submitted to Wendy Hacon by email (wmandigo@uwo.ca). Faculty members are encouraged NOT to participate in KIN 4490E projects until the contract has been signed.
3. Once the Contract has been signed by the student, the supervising faculty member, and the Course Manager, the student will be registered by the Undergraduate office into Kin 4490E.
4. Students are advised to meet regularly with their supervisor during the term.
5. A minimum of 10 hr per week will be devoted to the research project throughout the academic year
6. Final grades should be submitted by the supervising faculty member to Course manager by no later than April 24th.

Learning Outcomes

This research project is intended to provide students with a research experience in Kinesiology.

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

1. Plan and conduct an independent and/or collaborative research project in a specific area of Kinesiology, applying appropriate methods to:
 - ☒ review relevant literature,
 - ☒ develop research questions or hypotheses,
 - ☒ collect, analyze, and interpret qualitative and/or quantitative data, and
 - ☒ communicate findings through oral presentations and scholarly writing.
2. Critically evaluate and synthesize existing research to identify gaps in knowledge, justify the purpose of the study, and inform methodological and theoretical choices.
3. Apply appropriate research methods, tools, and techniques—including data collection instruments, software, and/or lab or field equipment—relevant to the research approach.
4. Analyze and explain the theoretical and conceptual foundations that guide the research, demonstrating an ability to situate the study within a broader scholarly context (e.g., disciplinary, interdisciplinary, or applied).
5. Collaboratively determine a suitable research design and ethical approach in consultation with a supervisor, addressing the alignment between research questions, methods, and intended outcomes.
6. Effectively organize, interpret, and communicate research findings for diverse audiences through oral presentations and a written research report.

Course Evaluation

Students will be evaluated by their supervisor with respect to their performance in the research project/laboratory. This will include not only technical skills, but also their familiarity with the literature, and their contribution to the research design, analysis, and interpretation of the data. This evaluation will be done at the end of each of the fall and winter terms. A final research report will be evaluated by the immediate faculty supervisor and one other faculty member. Feedback will be given to students as soon as possible after presentations. Student participation in the discussion sessions, and in the question period after each student presentation is expected and required. All faculty will participate in the evaluation of student presentations.

Details of the (suggested) evaluation are outlined below:

<u>Activity</u>	<u>Weight</u>	<u>Due Date</u>	<u>NOTES</u>	<u>Evaluator(s)</u>
Research/Lab performance (1st term)	10%	December 5 th	Completed and Submitted by Supervisor	Supervisor
Research proposal presentation (1st term; Date TBD)	10%	TBD	Determined by students based on availability	Course Manager

Research/Lab performance (2nd term) (2nd term; March TBD)	15%	April 5 th	Completed and Submitted by Supervisor	Supervisor
Peer Reflections and Evaluation (Online Brightspace)	10%	November 31 st & March 31 st	72 hour – no late penalty	Course Manager
Final presentation - Kin Research Day	20%	TBD	Presence throughout event as available	All faculty
Final research paper	35%	TBD	Designated Assessment	Supervisor + other faculty

Notes:

- a) A similar project cannot be completed as part of an independent study
- b) A copy of the final report must be submitted to the Undergraduate office (emailed to wmandigo@uwo.ca)
- c) Designated Assessment: This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, students must provide documentation for any absence from this evaluation. Students approved to miss the makeup will have the weight of this assessment transferred to the final paper. Students must not provide medical or compassionate documentation to the instructor.
- d) Students are expected to submit this assignment by the deadline listed. Should extenuating circumstances arise, students are permitted to submit their assignment up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. Students submitting their assessment beyond the extended deadline will receive a penalty of 5% per day that it is late. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor.
- e) You cannot use undocumented absences for final assessments.

General course information

1. Optional learning sessions will be provided via Brightspace. These learning sessions will be delivered both synchronously and asynchronously and be important for the reflection assessments.
2. Proposal presentation length: 10-12 min with 5 min for questions; Date and final format TBD; early- to mid-November in the 1st term; may take place over two or more days (or asynchronously) depending on the number of students enrolled – determined collaboratively.
3. Kinesiology Research Day: dates and times – TBD; before the final day of classes in the 2nd term (usually in mid- to late-March or early April); As a group we will determine the nature and format of the research day enabling students to drive the evaluation process.
4. Final research report - TBD but approximately 1 week after 2nd term presentations (on or before final day of classes in April). Format TBD with the group.
5. Rubrics for all assessments will be posted to OWL Brightspace.

Final Research Report

The final research report should be submitted to the Kin 4490E Course Manager at the end of the 2nd term (date TBD but usually 1-2 weeks after the 2nd term presentation and on or before the final day of classes). The final research paper will be marked by the faculty supervisor. Students will submit one copy of the final research report to the Kinesiology undergraduate office (wmandigo@uwo.ca). Students will be informed as to whether to submit a paper copy or an e-copy of the final research report to the Course Manager.

Students, the course manager, and the faculty supervisor will work together to determine the format of the Final Research Report. This could take the form of a Knowledge Mobilization report for a specific audience (e.g. industry partner, public, health care sector) or a be written in "manuscript style" as appropriate for the field specific scholarly publication.

Knowledge Mobilization Report Guidelines

The Knowledge Mobilization Report is designed to help you translate and share your research findings in a format accessible to a target audience (e.g., practitioners, policymakers, community partners, or the general public). Your report should clearly communicate the significance, implications, and potential applications of your work.

Scholarly Paper

The scholarly paper provides an opportunity for you to demonstrate your ability to engage in rigorous academic research. You will critically situate your project within existing literature, clearly articulate your research questions or hypotheses, describe and justify your methodological approach, analyze and interpret your findings, and discuss their significance within the broader field. This paper should reflect your capacity to think critically, apply appropriate research methods, and communicate your work effectively to an academic audience.

Notes:

General information about assessments

- ☒ All assignments are due at 23:59 EST unless otherwise specified
- ☒ Students are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0
- ☒ Written assignments will be submitted to Turnitin (statement in policies below)
- ☒ Students will have access to Turnitin reports before their submission is graded. Students may have 2 submissions to Turnitin.
- ☒ After an assessment is returned, students should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days
- ☒ Prior to the filing of a written request for relief, students must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If the student is dissatisfied with the decision of the instructor or does not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which 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".

Information about late or missed assessments:

- ☒ Late assessments without academic consideration will be subject to a late penalty of 5% per day

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

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>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term **without**

supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

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).

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., “ChatGPT”) in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

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.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

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 their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

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 (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

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.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. 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.

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 Brightspace 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.

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>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.