

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2907Q/R/S/T Group Fitness
Fall 2017**

Instructor: Sarah Langford

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Location: Western Student Rec Ctr
Studio2

Lectures: MoWe 8:30AM-10:30AM
Fr 8:30AM-9:30AM

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

Calendar Course Description:

An introduction to fitness activities that are taught in group settings including but not limited to indoor cycling, step, box, aquatic-fitness, hi-lo aerobics, and stretch classes. Students will develop three perspectives on group fitness activities: the experience of the participant, the skills and knowledge of the instructor, and the perspective of a manager responsible for programming.

My Course Description:

Group Fitness is an introduction to various fitness activities that are taught in a group setting. This course is designed to provide students with a variety of fitness activities that are suitable for all fitness levels. The course will cover a range of activities including indoor cycling, step, box, aquatic-fitness, hi-lo aerobics, and stretch classes. Students will develop three perspectives on group fitness activities: the experience of the participant, the skills and knowledge of the instructor, and the perspective of a manager responsible for programming.

Course/University Policies

1. **Lateness/Absences:** Assignments are due as per the instructor and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination, if applicable without appropriate documentation will result in a zero (0) grade.

2. ~~Workload Ratio: 104 T f 1 0 0 1 192.65 6988 T m 27 m 38.75 (2.) (i) 5 (g) - 2 E 33 (h) (y) 23 (e) (m) 12 (t) (p) 3 (n) (t)~~

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.

5. **Formatting** (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations
www.registrar.uwo.ca/examinations/exam_schedule.html

7. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on Mute (on)3()-4(E).Confl_r,