

School of Kinesiology  
Faculty of Health Sciences  
Western University

**KIN 3333Y Leadership in Physical Activity  
Fall 2017/Winter 2018**

**Instructor:** Alan Salmoni  
**Lectures:** see class schedule below-

**Office:** TH 3159b  
**Office Hours:** upon request  
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Class Schedule

- a) Tuesdays 10:30 11:20 am Alumni Hall Gym [mentors + protégés]
- b) Thursdays 10:30 11:20 am NS 145 [mentors + protégés]
- c) Thursdays 11:30 12:20 pm NCB 113 [mentors only]

*Note that because 2 of the 3 hours of class experiences are with the entire 350 first year students present with the mentors, it was difficult to procure classroom accommodation and thus the unusual location schedule. The class cycle will normally be b) to c) to a). That is, a general introduction to a topic will occur on Thursdays at 10:30 with the protégés present, followed by a more detailed planning period with the mentors on Thursdays at 11:30 to prepare*

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Kinesiology. The LET training session will be held separate from the protégés. As the semester starts (week two) and since a successful mentor-protégé relationship is reciprocal in nature, most classroom experiences will be held with the mentors and protégés both present (see teaching cycle above). Mentors are also expected to spend 2-3 hours per week out-of-class time with their protégés.

[0.5 credit course; 3 hours of classroom experiences/week]

**Anti-requisite(s)!Pre-requisite(s)!Co-requisite(s)**

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 the course department 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.

Learning Outcomes

At the end of the course student mentors will:

1. Appreciate what it means to make physical activity a part of a healthy lifestyle (note that improvement in mental health in first year students is a major goal of the course).
2. Prescribe and evaluate a tailored physically active lifestyle.
3. Understand the connection between physical activity and a healthy lifestyle, including mental health.
4. Improve their communication skills.
5. Appreciate the challenges of building a mentor-protégé relationship and obtain the skills required to build a successful relationship.
- 6.



the instructor, with a request for relief specifying the nature of the accommodation being requested. In the event of a medical request, the documentation should be obtained at the time of the initial consultation with the physician or walk-

**ALL** such accommodation requests must be submitted into the appropriate Academic Counselling office of file, and will be held in confidence.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. **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 my attention immediately.

**15% of course grades will be posted by the last day to drop a course.**

4. **Scholastic 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:

[http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/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.

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** who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the

*\*This policy does NOT apply to mid-term examinations.*

There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

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. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints