

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 3412B – Exercise for Specific Populations: Chronic Disease
Winter 2019**

Instructor: Dr Marc Mitchell
Assistant Professor

Office: 2360 C Somerville House
Office Hours: Wednesday 5:20-5:50 TG79

Location: TBD

Lectures: MoWeFr 10:30AM-11:20AM

Course Format:

Lect

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate

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.

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	

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 from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

10. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further 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.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct

Tentative Weekly Schedule

Week of	Topic	Notable Events
January 7	Introduction	
January 14	The 'step-by-step' approach	
January 21	Type 2 diabetes	
January 28	Type 2 diabetes	<i>Monday Small Group Discussion</i>
February 4	Type 2 diabetes	Exercise Prescription #1, February 6
February 11	Heart disease	
February 18	NO CLASS	READING WEEK
February 25	Heart disease	<i>Monday Small Group Discussion</i>
March 4	Heart disease	Exercise Prescription #2, March 6
March 11	COPD	
March 18	COPD	<i>Monday Small Group Discussion</i>
March 25	COPD/Case Presentations	Exercise Prescription #3, March 25
April 1	Case Presentations	<i>*3-min case presentation sign-up sheet to be circulated Week 2 (week of January 14).</i>
April 8	Review (last class April 8)	