

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 3413B – Exercise for Specific Populations: Impairment and Aging
Winter 2019**

Instructor: Dr Marc Mitchell
Assistant Professor

Location: TBD

Lectures: MoWeFr 11:30AM-12:20PM

Office: 2360 C Somerville House

Office Hour: Wednesday 2:00pm-3:00pm

Phone:

Course Format:

Lectures Monday, Wednesday, Friday 10:30am-11:20am
Location TBD

Recommended Text:

(10th Ed.)

Learning Objectives:

Upon completion of this course students will be able to:

1. **Identify and delineate** theoretical terms and concepts with regards to clinical exercise testing and prescription. (Knowledge)
2. **Compare and contrast** theoretical and practical approaches for exercise prescription in clinical settings including special considerations for specific populations as well as unique social and behavioral contexts. (Analysis)
3. **Synthesize** research and practical knowledge about exercise assessment and intervention for various populations. (Comprehension)
4. Begin to **Develop** skills in professional and clinical decision making as they pertain to exercise prescriptions designed by Professional Kinesiologists. (Application)
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the topics discussed in class. (Reflection)

Required Course Material:

Required readings are from
Supplemental readings will be posted on OWL as well.

(10th Ed.).

Course Evaluation Summary:

1. Monday Small Group Discussions (3 x 1%, plus bonus 2% for attending all 3)	5%
2. Exercise Prescription Test (3 x 15%)	45%
3. Oral Case Presentation (3 min)	15%
4. Pop Quizzes (5 pop quizzes x 1%)	5%

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due

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	<i>Good work, meeting all requirements and eminently</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

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.

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

Tentative Weekly Schedule

Week of	Topic	Notable Events
January 7	Introduction	
January 14	The 'step-by-step' approach	
January 21	Frailty	<i>Friday Small Group Discussion</i>