

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 2000B - Physical Activity and Health
Winter 2020**

Instructor: Dr. Marc Mitchell

Lectures: Th 10:30am - 12:30pm

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Learning Outcomes/Schedule:

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

1. **Identify and delineate** key terms and concepts related to physical activity and health. (Knowledge)
2. **Compare and contrast** physical activity surveillance methods, health effects in different populations, and physical activity promotion methods. (Analysis)
3. **Synthesize** research and practical knowledge around physical activity and health. (Comprehension)
4. Begin to **Develop** skills in recognizing the substantial health benefits of regular physical activity in different sub-populations. (Application)
5. **Further develop** abilities to *critically reflect*

2. Tracking Assignment

-long assignment I would like for you to track your daily physical activity. You can track gym or exercise class attendance using a printable diary (I used to print calendar months out and use that) or other (tech-enabled) ways. You can also track your step count using many different apps (HealthKit or GoogleFit being the obvious choices) or wearables (e.g., FitBit, Jawbone, Garmand). The point is I would like for you to self-monitor your physical activity (broadly defined) this entire semester (starting on the first day of class, and ending on the last day of class). This assignment is made up of four components:

Commitment contract (3%): For the second class (September 13) please complete the contract (see OWL) and submit electronically (via OWL) by the beginning of class. Late contracts will result in lost marks.

Assignment completion (4% x 3)

assignments (with every single day officially tracked for that month, including inactive or no physical activity days) are submitted via OWL on **due dates** (midnight deadline). The 2nd and 3rd submissions should also indicate whether your physical activity has a) increased, b) decreased, or c) stayed about the same compared to the previous month (at least one metric (e.g., gym visits in a month, average daily step count, other) should be used to quantify your assessment). Complete assignments (regardless of amount of activity completed) will earn full marks.

4. Myths Debunked (optional presentation)

The purpose of this 5-min presentation (5 slides) will be to dispel a commonly held belief (myth)

and succinct. Given the size of the class and limited time, only 50 students will be able to present. The mid-term and final exams will be weighted slightly lower for these students.

4. Final Examination

Multiple choice format (80 questions). The final exam will be cumulative (meaning all material covered since the first class will be fair game). However, about 25% of the exam material will be drawn from the first half of the course, and about 75% from the second half.

plagiarism. All papers submitted for such checking will be included as source documents in the referenc

their Academic Counselling unit to clarify what documentation is appropriate. Students seeking academic consideration **must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
- b. any absences in excess of the number designated in clause a above will require students to

Rounding of Grades (for example, bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned;

8. **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 silent and avoid distracting classmates.

9. **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>