

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 2992Y - Fitness Assessment and Strength Training**  
**Fall 2021**

**Instructor:** Dr. Molly Driediger  
**Office:** AHB 3G22  
**Email:** mdriedig@uwo.ca  
**Phone:** 519-661-2111 ext. 85078  
**Office Hrs:** By appointment

**TAs:**  
Mitchell Sammut      [msammut2@uwo.ca](mailto:msammut2@uwo.ca)  
†@uwo WW

strength, hypertrophy, power, speed and agility and cardiorespiratory fitness.

**Overarching Course Objective:**

Individuals need to move correctly and

**Due to the number of students in each laboratory section, students are not permitted to attend alternate lab sections. YOU MUST ATTEND THE SESSION YOU ARE REGISTERED FOR.**

**Required Course Material:**

The **Weekly Lessons** tool in **OWL** will be used to outline weekly tasks, learning objectives and resources. Asynchronous micro-lecture video clips will be delivered within . Video clips will provide the information required to complete in-person labs, and therefore, must be viewed prior to the student's assigned weekly lab session.

**Microsoft Teams** will be used to communicate with instructors, to promote collaboration among students and facilitate student-led experiential learning via shared movement videos and peer feedback. Information on joining our course Team and the Team for your assigned lab section, will be posted on OWL. Please join these two Teams before Sept. 10<sup>th</sup>.

There is no textbook for the course.

**Schedule:**

Please note that this is a **tentative schedule**. As such,

| Week  | Topic  | Pre-Lab Task                             | Lab   | Evaluation                                  |
|---|--|--|---|---|
| <b>Unit # 1<br/>Fitness Assessment</b>      |  |  |   |   |
| Week 1<br>(Sept. 8-10 <sup>th</sup> )       | Introduction to course expectations, OWL and Microsoft Teams                             | Read syllabus, browse OWL                | <b>NO LABS this week</b><br><br>Join Microsoft Teams                            | No participation marks                      |
| Week 2<br>(Sept. 13-17 <sup>th</sup> )      | Introduction to instructors and lab<br><br>Theories of behaviour change:<br>Goal setting | Review lecture clips                     | Meet at <b>North Practice field</b> during assigned lab time                    | No attendance marks<br><b>Post to Teams</b> |
| Week 3<br>(Sept. 20-24 <sup>th</sup> )      | Client intake: information & tools<br><br>Client interview & history                     | Review lecture clips and surveys         | Meet at Thompson Athletic and Recreation Centre (TRAC) during assigned lab time | Lab attendance                              |
| Week 4<br>(Sept. 27 <sup>th</sup> - Oct. 1) | Warm-up & cool down<br><br>Physical activity readiness                                   | Review lecture clips<br><br>Create goals | Group warm-up & cool down<br>Personal Challenge                                 | Lab attendance                              |



|   |  |                             |  |  |
|---|--|-----------------------------|--|--|
| <p>Week 1<br/>(Jan. 10-14<sup>th</sup>)</p> | <p>Review of training parameters, goals and training principles</p> <p>Exercise hacks &amp; creative equipment</p> | <p>Review lecture clips</p> | <p><b>ONLINE: MS Teams meeting at scheduled lab time</b></p> <p>Goals</p> <p>Personal challenge</p> <p>RT for muscular endurance</p> | <p><b>Online lab attendance check-in at start of lab on MS Teams</b></p> <p><b>Post to Teams</b></p> |
|---|--|-----------------------------|--|--|

Week 7  
(Feb. 21-25<sup>th</sup>)

**SPRING READING WEEK**

Week 8  
(Feb. 28-Mar.  
4<sup>th</sup>)

C

**Course-specific conditions:** To pass this course, students must have participated in a minimum number of in-person labs (50%). Failure to attend at least 50% of labs will result in a lab participation mark of zero. Given that the content covered in labs provides the information necessary to complete assignments, students who do not meet the minimum, may be ineligible to complete course assignments and meet course objectives.

| Evaluation    | Value | Description | Learning Outcome | Date |
|---------------|-------|-------------|------------------|------|
| PARTICIPATION |       |             |                  |      |

|                       |     |  |               |  |
|-----------------------|-----|--|---------------|--|
|                       |     | on OWL.<br><br>Students are expected to maintain appropriate conduct and professionalism when communicating with other students and instructors using Teams. |               |  |
| <b>TESTS</b>          |     |  |               |  |
| <b>Online Quizzes</b> | 10% | Students will be required to complete two asynchronous online quizzes on OWL to evaluate their knowledge of the content delivered.                           | 1, 2, 5, 6, 7 | <b>Quiz # 1 – Friday Nov. 12<sup>th</sup></b><br><b>Quiz # 2 – Friday Mar. 11<sup>th</sup></b> |



### 1. **Statement on Use of Personal Response Systems (“Clickers”)**

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic 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: [https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/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.

3. **Use of Recording Devices and Course Content:** Instructors own and retain the intellectual property rights of their teaching materials. These rights extend to materials used in online settings and digital learning management systems like OWL and Microsoft Teams. Students do not have the right to make audio or video recordings of lectures, take pictures of lecture material, or distribute any course content for any reason inclusive of nefarious purposes (e.g., for s 4.318 0 d[(i)-4.3 (n1(heat)17.

## **Accommodation Policies**

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation process is a collaborative effort between the student, the Accessible Education staff, and the faculty. The accommodation process is a continuous one and may require periodic re-evaluation. The accommodation process is a continuous one and may require periodic re-evaluation.



will be made by Western, and not individual instructors or departments (excepting temporary online instruction in the event of instructor illness)

**10. Online Etiquette:** Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please “arrive” to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor’s request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- if you wish to speak, use the “raise hand” function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of “netiquette”:

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. “Flaming” is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

### **11. 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>

### **12. Masking Guidelines**

Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom (and WSRC) as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation. Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks. Students unwilling to wear a mask as stipulated by Western policy and public health directives will be referred to the Dean, and such actions will be considered a violation of the

student Code of Conduct.

**13. Course Absences due to Daily COVID Screening Questionnaire**

Missed assessments (e.g., presentations, essays, quizzes, tests, midterms, etc.) require formal academic considerations (typically self-reported absences and/or academic counselling). Methods for dealing with missed work and course content are at the discretion of the instructor(s). Students should be aware that some learning outcomes cannot be easily made up and may need to be completed in a subsequent year. Your instructor will provide you with further information as to how this applies within this course. Students who demonstrate a pattern of routinely missing coursework due to self-reported COVID symptoms, and therefore do not demonstrate mastery of the learning outcomes of the course, will not receive credit for the course.

**14. COVID-19 Vaccinations**

By the start of classes, virtually all students should have at least one dose of the vaccine. All students without a vaccine exemption will be fully vaccinated by October 12th. Between September 7th and October 12th, individuals who are not fully vaccinated

f3