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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

<p><b>Calendar Course Description (including prerequisites/anti-requisites):</b>                  This course is an introduction to knowledge and techniques essential in designing exercise programs promoting individual active lifestyles. Using a variety of common exercise types, students will put into practice techniques to educate and motivate individuals to adopt an active healthy lifestyle to promote optimum health for all ages.</p> <p><b>Antirequisite(s):</b> <a href="#">Kinesiology 2980A/B</a> (if taken in 2018-19); the former Kinesiology 2940Q/R/S/T; the former Kinesiology 2941Q/R/S/T.</p> <p><b>Prerequisite(s):</b> Completion of the first year Kinesiology program and registration in the School of Kinesiology.</p> <p><b>Extra Information:</b> 5 lecture/laboratory hours.</p>
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promote aspects of daily healthy active living among people of all ages.

**Overarching Course Objective:**

Individuals need to enjoy moving to initiate and maintain engagement in physical activity for health and wellbeing.

**Learning Outcomes:**

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

1. Summarize and apply **health behaviour change theories** and **psychological strategies** to promote the initiation and maintenance of physical activity among healthy individuals.
2. Recognize and implement the current Canadian 24-Hour **Movement Guidelines** when developing strategies to promote physical activity for individuals.
3. Source, interpret, **critically appraise**, and discuss fitness-related media and scholarly articles.
4. Recognize the **benefits of a physically active lifestyle** and **gain exposure** to new and different ways of moving in local indoor and outdoor settings.
5. **Collaborate** with other individuals to **research, organize, and deliver** succinct fitness-related information to peers.
6. Apply knowledge of exercise, equipment and training principles to **develop, structure, and implement** a safe and effective group fitness experience.
7. **Apply knowledge** of instructional strategies to motivate, educate, and engage participants in a movement-based class.
8. Provide **constructive, effective feedback** to peers to share understanding while promoting physical activity.

**Course Format:**

Full year, 0.5 course, blended design, ~2.5h/week

Weekly tasks include:

- a) Pre-lab preparation via online asynchronous micro-lectures, video clips, and/or readings (~30min-1h/week)
- b) Mandatory in-person lab in **Studio 2** of the **WSRC** (1h/week)
- c) Independent and partner or team-based online activities and/or discussions (~30min-1h/week)

Weekly tasks during virtual delivery:

- a) Pre-lab preparation via online asynchronous micro-lectures using student developed lecture clips. These will be posted within the specified channel on MS Teams.
- b) Online discussion information will be posted in OWL within the Weekly Lessons. There are four posts (original and response) during the winter term. The first date has changed to accommodate later start of semester.
- c) Mandatory

**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
Week 1 (Sept. 8-10 <sup>th</sup> )	Introduction to course expectations, OWL and Teams	Read syllabus, browse OWL	<b>NO LABS this week</b>  Join Microsoft Teams	
Week 2 (Sept. 13-17 <sup>th</sup> )	Introduction to instructors and lab  Canadian Adult 24-Hour Movement Guidelines	Review lecture clips	Meet at <b>North Practice field</b> during assigned lab time	<b>Post to Teams</b>
Week 3 (Sept. 20-24 <sup>th</sup> )	Theories of behaviour change: Self-Determination Theory - Motivation  Equipment & Safety	Review lecture clips	Meet at <b>Studio 2 in Western Student Recreation Centre (WSRC)</b> during assigned lab time	Lab attendance
Week 4 (Sept. 27 <sup>th</sup> -Oct. 1)	Warm-up & cool down  Group dynamics	Review lecture clips	Group warm-up & cool down	Lab attendance  <b>Post to Teams</b>
Week 5 (Oct. 4-8 <sup>th</sup> )	Technique fundamentals,	Review lecture clips	Exercise variation	Lab attendance

Week 6 (Oct. 12-15 <sup>th</sup> ) <b>Thanksgiving</b>	movement patterns and exercise variations Fundamentals of group exercise instruction			
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Week 2  
(Jan. 17-21<sup>st</sup>)

Student lecture  
clips

Review lecture  
clips (posted on  
MS Teams)

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Week 11 (Mar. 21-25 <sup>th</sup> )	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance  <b>Post to Teams–online discussion</b>
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Week 12  
(Mar. 28-Tj0d4B8pos



		due dates to choose from. Students will submit their activity experiences on only 3 dates.		#4: Due Friday March 18 <sup>th</sup>  #5: Due Friday April 8 <sup>th</sup>
<b>Warm-up Video Assignment</b>	5%	In groups, students will be required to create a 10-min warm-up video that could be used to prepare for a specific type of exercise class or activity.	6, 7, 8	Due Friday October 15 <sup>th</sup>
<b>Individual Fitness Lecture Clip</b>	10%	In groups or partners, students will be required to create a 5 min lecture clip to inform others about a specific fitness modality and to prepare students for their upcoming exercise class.	3, 5	Due Monday December 6 <sup>th</sup>
<b>Presentation: Exercise Class Delivery</b>	20%	Groups or partners will deliver an exercise class during lab time to apply their instructional skills and engage the class in different modes of fitness.  <b>Should we remain online after Jan. 31<sup>st</sup>, student-led exercise class will continue to be delivered during synchronous online lab sessions using MS Teams.</b>	5, 6, 7	<b>Evaluation during lab time in winter term</b>  <b>Winter week 1, 2, 3 presented online using MS Teams during lab time.</b>

### Course/University Policies

#### 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





result in a grade of zero toward your weekly lab participation. Failure to attend 50% of labs will result in an overall lab participation grade of zero and may also impact your ability to complete assignments and fulfill the course objectives. If you are absent from lab, you will need to make up the missed work (either in-person or online). Contact your instructor for direction.

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of duration greater than 48 hours

the deadline to drop a course without academic penalty

In the case of online examinations, an "Examination Conflict Room," which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. **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 the attention of the instructor immediately.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

November 12th, 2021 (for first term half-courses)

November 30th, 2021 (for full-year courses)

March 14th, 2022 (for second term half-or full year courses)

A+	90-100
A	80-89
B	70-79
C	60-69
D	50-59
F	below 50

- [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 ow(t)6.3 (y1 ( or)4.4 bo)11.5 (as)12

#### **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 (e.g., individuals who are awaiting their second vaccine dose) will be required to participate in rapid antigen testing. These individuals will be required to provide proof of two negative tests per seven-day period, with each test separated by a minimum of 72 hours. This testing may be done either on campus, in the UWO Vaccination and Testing Centre, or by a third-party licensed pharmacist/practitioner approved by the University, who shall administer the test and submit the testing results directly to the University. Further details on the vaccination policy may be found in MAPP 3.1.1, available here:

[https://www.uwo.ca/univsec/pdf/policies\\_procedures/section3/mapp311\\_covid19.pdf](https://www.uwo.ca/univsec/pdf/policies_procedures/section3/mapp311_covid19.pdf)

Individuals who fail to comply with testing requirements, or who misrepresent their vaccination status, will face academic sanctions up to and including expulsion.