

Western University
Faculty of Health Sciences
School of Kinesiology

KIN 2993A Lifestyle, Individual Fitness and Exercise (LIFE)
Summer 2023

Instructor: Babac Salmani, PhD Candidate
Office: AH 2153
Email: bsalmani@uwo.ca
Office Hrs: meetings scheduled as required
TAs: TBD

Lectures: TBD

Labs: TH 3107

Lab 002 Tu 6:00-9:00pm

Lab 003 We 6:00-9:00pm

Lab 004 Th 6:00-9:00pm

NOTE: If you wish to enroll in this course without the stated prerequisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

My Course Description

This is a student-centered activity course. It is an introduction to the theory and techniques that form the foundation for designing physical activity and exercise programs to promote active lifestyles for individuals across the lifespan. Students will gain practical experience by engaging in various indoor and outdoor activities.

If you wish to change prior to class, please arrive early and use the single person change room located

Week	Lecture Topic	Online Lab Prep	Lab	Evaluation
Week 1 (May 15 th -19 th)	Introduction to instructors and lab	Read syllabus, browse OWL site	LAB in TH 3107	
	Warm-up & cool down	Review functional anatomy slides	Group exercise video	
	Group exercise types/modalities: Aquafit, an example	Working on teams		
	Equipment & Safety			

	and exercise			
Week 4 (June 5 th -9 th)	<p>Explore self-determination theory</p> <p>Examine theory and research related to music and exercise</p> <p>Explore social cognitive theory as it relates to exercise behaviour change</p>	Prep for presentation	<p>Student-led</p> <p>lab</p>	<p>Lab participation 4</p> <p>Lab task: Participant Impression Score or Peer Evaluation</p> <p>Forum Post 2</p>

Course Evaluation:

Due dates are provided below and will be communicated on OWL Calendar and within OWL Assignments.

Late policy: Assigned work, including formal assignments and lab work documentation are due as communicated below and on OWL. Assignments are due before the date and time listed (there is no grace period). Assignments that are submitted late without accommodation will receive a grade of zero (0).

Evaluation	Value	Description	Learning Outcome	Date
PARTICIPATION				

to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the Academic Calendar (westerncalendar.uwo.ca).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly

tl

4. Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact [Accessible Education](#), which provides recommendations for accommodation

C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

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

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or giving away of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Appealing a Grade Within this