



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

**KIN 3335 – Leadership in Physical Activity**  
**Fall 2022/Winter 20**

**-requisites):**

This course will explore the theory and practice of leadership training in how physical activity affects resilience towards stress. Focused on a Mentor-Protégé model, students will be partnered with first-year students to provide guidance in physical activity.

Course topics include leadership training, reflective practice, relationship management, and conflict management.

**Antirequisite(s):** The former Kinesiology 3333Y.

**Prerequisite(s):** Registration in the School of Kinesiology; successful completion of Kinesiology 1070A/B and Kinesiology 1080A/B.

**Extra Information:** 3 lecture hours.



**Course Description:**

A course that examines the historical and contemporary approaches to leadership and provides students with the opportunities to apply the concepts in their personal and professional lives. Several leadership theories and applications will be reviewed and analyzed. Reflection activities and assignments will be integrated into the course to ensure deep learning and application.

Using the knowledge and skills gained in first and second year, upper year Kinesiology students will be mentors for students in first year ( ). The primary focus of the mentor experience is to act as guides to direct mentee participation in regular leadership and physical activities throughout the school year. In addition, there will be significant opportunity to mentor in many areas germane to their first-year experience.





**Recommended book:**

American Psychological Association. (2020). *Publication Manual* (7th ed). Washington, D.C.: American Psychological Association.  
[https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/general\\_format.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html)

Any optional readings will be posted on OWL and discussed in class.

**Content Delivery:**

Several content delivery modes will be used in the course including:

- lecture format - instructor-based delivery
- guest speakers/panel presentations and reflection activities
- small group applications/activities    small group reflection meetings with TAs and instructor to debrief on assignments, deeper discussions, and engage in reflection and application activities.

**Course Evaluation:**

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|------------------------|-----|
| 1. Seminar Assignments | 30% |
| 2. Reflections         | 20% |
| 3. Mentoring Project   | 25% |
| 4. Final Examination   | 25% |

Note. Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

**1. Seminar submissions and presentations (30%)**

Students will participate in small group seminars over the course of the year. There are written assignments that are to be submitted prior to each participation in the discussions will be graded for each seminar. 6 seminars (2% for each paper, 3% for contribution and participation = Total = 30%).

| Seminar # | Due Date for associated Task Item |
|-----------|-----------------------------------|
| 1         | October 4 <sup>th</sup>           |
| 2         | November 15 <sup>th</sup>         |
| 3         | December 6 <sup>th</sup>          |
| 4         | January 24 <sup>th</sup>          |
| 5         | February 14 <sup>th</sup>         |
| 6         | March 21 <sup>st</sup>            |

**2. Reflections (20%)**

Reflections will be assigned throughout the course. Instructions will be provided. Papers #1 and #2 worth 5% each, Paper #3 worth 10%.

| Reflection # | Due                      |
|--------------|--------------------------|
| 1 (5%)       | December 7 <sup>th</sup> |
| 2 (5%)       | March 1 <sup>st</sup>    |
| 3 (10%)      | April 5 <sup>th</sup>    |



### 3. Mentoring Project (25%)

Activities related to your mentoring/mentee relationship. All assessments covered in Handbook.

| /25 | Task Item                      |
|-----|--------------------------------|
| /4  | Planning & Commitment          |
| /3  | Log                            |
| /8  | Interactions                   |
| /6  | In-Class Mentoring Discussions |
| /4  | Ratings                        |

### 4. Final Examination (25%)

Cumulative, however content mostly from 2<sup>nd</sup> semester. Covering all course materials, content from lectures, videos, assigned readings, and seminar presentations. Format will be a series of recognition, recall and application questions and cover content covering the entire course. Study groups are strongly recommended.

### Course/University Policies

1. The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with policy, the centrally administered e-mail account provided to students will be \_\_\_\_\_-mail address. It is the responsibility of the account holder 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](http://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 from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize

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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 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 ([www.turnitin.com](http://www.turnitin.com)).

#### Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any



academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

**Use of Statistical Pattern Recognition on Multiple Choice Exams**

Computer-marked multiple-choice tests and/or exams may be subject to submission for



found [here](#).

### Academic Consideration

may, on occasion, be impaired by extenuating circumstances that are medical or compassionate in nature. These extenuating circumstances may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. In all cases, students are advised to consult with the academic counsellors in their home units, at their earliest opportunity. Academic counsellors may refer students to [Accessible Education](#) for ongoing academic accommodations.

Most forms of academic consideration require documentation, and this documentation is to be submitted to academic counsellors within five (5) business days of their return to

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#### Official Student Record

Information Privacy Policy. Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the academic counsellors. Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note- it is insufficient to provide







Department Chair (submission of written request)  
The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a & (

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31<sup>st</sup> (for first-term half courses) or June 30<sup>th</sup> (for second-term half courses or full-year courses

## 8. Support Services

### **Health and Wellness:**

Information regarding health and wellness-related services available to students may be found at