

strategies to 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 lifelong 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. **Collaborate** with other students to **research, organize, and deliver** succinct fitness-related information to peers.
5. Apply knowledge of exercise prescription, equipment and training principles to **develop, structure, implement and coach** others through safe and effective group exercise experiences.
6. **Apply knowledge** of instructional strategies to motivate, educate, and engage participants in group and individual exercise.
7. Provide **constructive, effective feedback** to peers to share understanding while promoting physical activity.
8. **Recognize and reflect** on the **benefits of a physically active lifestyle** by **gaining exposure** to new and different ways

- Each student will receive a **complimentary limited-time membership** to attend two group fitness classes at any London YMCA during **September and October** only. Students will choose the location and classes they wish to attend.
- Students are encouraged to arrive **30-45 minutes prior to their first class** to obtain their membership card and have their picture taken.
- Students must **arrive 15-20 minutes before** the start of each class to ask questions, meet the instructor, and gather the necessary assignment information.

				Lab task: Participant Impression Score or Peer Evaluation Choose Your Own Adventure Independent Field Trip Assignment due
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ASSIGNMENTS				
Warm-up presentation	5%	<p>In groups, students will instruct and lead a warm-up that aligns with their selected fitness modality.</p> <p>Students who engage in the warm-up will provide feedback to the presenting group.</p>	3, 4, 5, 6, 7	Presented during lab time weeks 4-6
Group Exercise Class Presentation	22%	<p>In pairs, students will be required to instruct and lead an exercise class.</p> <p>Students who engage in the class will rate the exercise and instruction to provide feedback as a Participant Impression Score.</p>	1, 2, 3, 4, 5, 6, 7	Presented during lab time in weeks 10-14

				final exam period
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Course-Specific Conditions:

This is a movement course. The laboratories within this course are designed to provide students with the opportunity to apply concepts discussed in lecture. It is important that all students in this course observe, analyze and take part in a variety of movements, in real time. There are 12 in-person labs in the fall term.

If faced with extenuating medical or compassionate circumstances, **students can miss two labs without academic penalty and without explanation or submission of documentation.** If a student is absent for more than two labs, they are required to submit formal documentation and obtain accommodations through a Kinesiology academic advisor
<https://www.uwo.ca/fhs/kin/undergrad/academic/index.html>

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 another author's ideas without acknowledging that the ideas belong to someone else. All 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).

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 similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

3. Use of Electronic Devices

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Personal Response Systems (“clickers”) may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else's clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

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 a range of services. For more information, contact 209.88/19ah

5. **Contingency Plan for an In-Person Class Pivoting to 100% Online Learning**

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

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.

6. **Online Proctoring**

Tests and examinations in this course may be conducted using a remote proctoring service.

By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some

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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 student's Home Department and Faculty.

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.

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