





**Course Conduct:**

Students are expected to attend all lectures and labs (see *course-specific conditions*). Lectures and labs will not be recorded or posted online. If absent, students are expected to connect with peers to gather any missed content.

*Due to the nature of this course, including the requirement for active participation, please dress accordingly (e.g., running shoes, shorts or gym pants/leggings, and t-shirts) for labs.*

*If you wish to change prior to class, please arrive early and use the single person change room located across the hall from TH 2100 or use any of the stalls in the gender-neutral washrooms located throughout Thames Hall.*

**Outdoor shoes, bags, food and drink will not be allowed in the lab space.** Always bring a **lock** to secure your belongings in one of the lockers located in the hallway by the atrium on the main floor of Thames Hall. Locks must be removed daily.

**Safer space:** I wish to foster a respectful learning space where all students feel welcome and comfortable to ask questions, share ideas and diverse perspectives. I expect students and instructors to be respectful and supportive of each other.

Students are expected to be prepared and on-time for their scheduled lab, to demonstrate effortful engagement and professional and collaborative conduct at all times. This also applies to conduct during independent field trips.

Due to a strict maximum number of students in each laboratory section, students are not permitted to attend alternate lab sections. **YOU30.17 -1.1s(Y)1.9 1.5 (du)tu9 ( pT3.6 3 TwA)22.0.1T3.6 7 pT3.6 3 TE(u9 ( pN**

Please note that this is a *tentative schedule*. As such, *the content and sequence of topics are subject to change at the discretion of the instructor*.

Week	Lecture Topic	Pre-Lab Task	Lab	Evaluation
<b>Week 1</b> 1 <sup>st</sup> week of lecture and labs	Course intro & summary  Terminology & training principles  Consultation & fitness assessment  Warm-up/cool down  Exercise prescription - individualizing exercise	<b>Read syllabus,</b> browse OWL site		

<b>Week 5</b>	Activity & aging	Falls prevention Balance activities	Balance training Ex class rehearsal	<b>Lab participation 5</b> <b>Lab task:</b> Activity/exercise class fully planned and practiced.
<b>Week 6</b>	Children & PA Physical literacy	Fundamental movement skills Prep for presentation	Instructing FMS Ex class rehearsal	<b>Lab participation 6</b> <b>Lab task:</b> Activity/exercise class fully planned and practiced.



**“Late” policy:** Assigned work, including formal assignments and lab work documentation are due

<b>Participant Impression Score</b>		assignments by completing a Qualtrics survey.		
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### 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 –**

academic responsibilities. Any such documents will be retained in the student's file, and will

Generally, students can expect some form of feedback on their performance in a course before the drop date.

November 13th, 2023 (for first term half-courses)

November 30th, 2023 (for full-year courses)

March 7th, 2024 (for second term half-or full year courses)

A+ 90-100

Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

#### **9. 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>