

Kin 3402A

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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.

Calendar Course Description (including prerequisites/anti-requisites):

This course is designed to develop an understanding of how Kinesiology can be applied in a professional context to enhance the health, wellness, and functional capacity of clients. Students will learn the fundamentals of clinical kinesiology including program models, clinical skills, privacy/ethics considerations, with the purpose of introducing the practice of Clinical Kinesiology. Anti-requisite(s): the former Kinesiology 3421A/B.

Prerequisite(s):

My Course Description

This course will assist students in developing an understanding of how Kinesiology can be applied in a clinical context to enhance the health, wellness, and functional capacity of clients and/or populations. The course objective is to introduce the practice of Clinical Kinesiology by providing an overview of some of the fundamentals of the profession, including: its place in the Ontario context, core competencies and scope of practice, professionalism, practice settings and program models, clinical and non-clinical skills, exercise prescription, and digital solutions. This course will be delivered in lectures and facilitated by partner and group activities using problem and case-based learning approaches. Written assignments will facilitate knowledge building and skill development as well.

Learning Outcomes/Schedule:

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

1. **Identify and delineate** the origin of Clinical Kinesiology and its place within the Ontario healthcare system, the core competencies of a Registered Kinesiologist as defined by the College of Kinesiologists of Ontario, as well as theoretical terms, concepts, and philosophies related to the profession. (Knowledge)
2. **Compare and contrast** Clinical Kinesiology practice settings, program models, clinical skills/decisions, and digital solutions pertaining to the profession. (Analysis)
3. **Synthesize** research and practical knowledge about the Clinical Kinesiology profession and determine how these might be applied in clinical and non-clinical settings. (Comprehension)
4. Begin to **Develop** skills in professional, ethical, and clinical decision making as they pertain to the work of a Registered Kinesiologist. (Application)

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Course Evaluation Overview:

1. Participation (e.g., podcast & webinar quizzes, lecture attendance, student course evaluation, etc.)	5%
2. Tracking Assignment(s): 'signed' contract due second Friday of term (0.5%), diaries due during last 5 days of semester Month 1, 2 and 3 (3 x 1.5%)	5%
3. Test 1 (Sept 22)	5%
4. Policy brief (Sept 29)	20% (15% if myth presenter)
5. Test 2 (Oct 13)	25% (20% if myth presenter)
6. Myths Debunked (optional 2-min myth presentation; Dec 1, 4 and 6)	15% (optional)
7. Final exam (to be scheduled by Registrar)	40% (35% if myth presenter)

Late Policy

Assignments are due as stated in the course syllabus.
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Course Evaluation Details:

1. **Participation** (5%)

Complete brief MC quizzes on OWL on content related to guest speaker presentations, assigned Registered Kinesiologist podcasts, and other new and notable content featured during the semester.

2. **Tracking Assignment** (5%)

Let's practice what we preach! For this semester-long assignment I would like for you to track your daily physical activity. **#1** Using your wearable device or smartphone record the number of steps you take each day on the calendar provided. **#2** Track gym or exercise class attendance using the calendar provided (e.g., "Weights at g (e)11.5 (i)7.1 (g)11.6 (ht)6.3 a6 (er)4.0t y provightly p pro16.3afterilto16.3after

information presented in class you will be asked to answer a total of 25 to 30 multiple choice questions related to the cases.

6. **Myths Debunked** (15%; optional presentations)

The purpose of this 2-min presentation (4 slides) will be to dispel a commonly held belief (myth) about physical activity. The presentation should peak the audience's interest, be evidence based, and succinct. A 1% course mark deduction will be applied for those who 'sign-up' but decide later not to participate.

5. **Final Examination** (40%)

The final exam will be cumulative (meaning all material covered since the first class will be fair game). However, about 25% of the exam material will be drawn from the first 2/3 of the course (before Ethics Test), and about 75% from the second half.

Week	General Content	Readings
Week 1	Introduction	-College of Kinesiologists of Ontario (COKO): Essential Competencies
Week 2	What Clinical Kinesiologist do, and where?	-The Globe & Mail Articles
Week 3	Exercise is Medicine	-American College of Sports Medicine (ACSM Guidelines 11 th ed.): Chapter 1
Week 4	Professionalism/Ethics	-COKO 'Standards' including: Ethics, Boundaries, Scope, Consent, Privacy
Week 5	Professionalism/Ethics	-Same as above
Week 6	Professionalism/Ethics *Thanksgiving Monday	-Same as above
Week 7	Clinical skill #1-3: Screening, Medical History, Risk Factors	-ACSM: Chapter 2 & 3
Week 8	Clinical skill #4: Fitness Testing	-ACSM: Chapter 2 & 3
Week 9	<i>Reading Break</i>	<i>Reading Break`</i>
Week 10	Clinical skill #5: Aerobic exercise prescription	-ACSM: Chapter 5 & 6
Week 11	Clinical skill #5: Aerobic exercise prescription	-ACSM: Chapter 5 & 6
Week 12	Clinical skill #5: Resistance exercise prescription	-ACSM: Chapter 5 & 6
Week 13	Myth Debunked – Student Presentations	

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 considered the individual's official university e-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).

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 t- 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

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 biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

7. **Grades**

Where possible assignment objectives and rubrics will be posted on OWL.

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	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

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 Course

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. 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 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. 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 31st (for first-term half courses) or June 30th (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 <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western

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