

<p>Office: TH 4157                  Email: <a href="mailto:jmelling@uwo.ca">jmelling@uwo.ca</a>                  Phone: 519/661-2111 x87879                  Office Hrs: By appointment</p>	<p>Lectures : Tuesday, Thursday                   Winter 2024                  Instruction Mode : in person</p>
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NOTE: All course in 9.96 72 ssonononn9.96 iurssn9.96 6 -009Lstr(e)nst raiison (T) d in (a) p 0.96 (s) d r (eex) Tj 0-0.

healthy and diseased adults are both discussed.

Prerequisite(s): [Kinesiology 2230A/B](#), [Kinesiology 3337A/B](#).

Extra Information: 1 lecture hours, 2 lab hours. Prerequisite(s) on this course can be obtained without the stated pre-

approval from the course instructor. The approval should then be forwarded to your advisor.

**Description :**

of the current knowledge of the physiological effects of training, with emphasis on aerobic energy systems and strength training. Training programs for both healthy and diseased adults are discussed. Students will analyze their own health and fitness using a variety of tests and develop a training program based on personal and healthy goals.

**Outcomes /Schedule:**

training, anaerobic training and strength development. Evaluating aerobic and anaerobic energy systems and strength will be reviewed in lecture and lab. Physiological effects of training will focus upon cardiovascular and endocrine organ function, as well as skeletal muscle and liver metabolism. Emphasis will be given to the development of training programs for normal healthy and diseased individuals.

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

Required Course Material/Text :  
All required readings will be posted on OWL.

Course Evaluation :  
Midterm I Exam: 30% - January 30, 2024 (Cumulative: in class)  
Midterm II Exam: 30% - March 5, 2024 (Cumulative: in class)  
Final Exam: 40% - Final Examination Period TBA, (Cumulative: April 2024)

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



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

writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a “Conflict Room,” wherein student can write two proctored exams concurrently, will be interpreted as

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 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 <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

There are various support services around campus and these include, but are not limited to:  
Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>  
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>