



Western University
Faculty of Health Sciences
School of Kinesiology

Western
HealthSciences

KIN 2993A Lifestyle, Individual Fitness and Exercise (LIFE)
Fall 2024

Welcome to KIN LIFE! I'm excited for this semester of learning. In this course, we will focus on the practical aspects of group and individual exercise. We will be reviewing some things you may have learned in first year (like training principles, theories of behaviour change and psychological strategies) and expanding on these concepts by considering their application within different exercise modalities and physical activities. Students will apply a broad range of Kinesiology concepts while honing their leadership and instructional competence, exercise prescription, class design and movement demonstration skills.

The goal is to leave this course feeling confident to design and deliver safe and effective group exercise, explore different ways of being active, and to promote and motivate others to engage in optimal levels of daily physical activity.

Instructor: Dr. Molly Driediger
Office: TH 4153
Email: mdriedig@uwo.ca
Phone: 519-661-2111 ext. 85078
Office Hrs: In-person or virtual, by appointment

Lectures: In-person
Mondays 11:30-12:30, 1h/week

Labs: In-person, 2h/week

Instruction Mode: Blended, ~2h week of online activities and independent off-campus d90907 Tr

TAs: TBD



You are responsible for ensuring that you have successfully completed all course pre-requisites, and

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic advisor. *This course is only available to students registered in the School of Kinesiology.*

My Course Description

This is a student-centered activity course. It is an introduction to the theory and techniques that form

Required Course Material:

There is no textbook for the course.

The **Content** tool in **OWL Brightspace** will be used to post weekly lecture slides, outline weekly lab tasks, learning objectives and resources. In addition to labs and lectures, expect to spend **1-2h each week** reviewing information in preparation for labs, reading assigned articles and planning/engaging in independent field trips.

The PDF lecture slides that are posted to OWL do not include all of the information presented and discussed during lecture. To do well in this course, students must attend lectures and participate in group activities and discussions during lecture.

Labs:

- x **One activity** to be selected from a variety of options provided by participating local organizations (e.g., Boler Mountain, Junction Climbing, CTC Obstacles, etc.) between **September 5th and November 22nd** to complete the *Choose Your Own Adventure Independent Field Trip assignment*.

The following points apply to all field trip components:

- x **Field trip forms (waivers for liability)** must be signed and **submitted to OWL prior to traveling to EACH of the off-campus facilities for the first time**. Students are required to submit 3 separate forms.

		Assignments.		
*Independent Field Trip Assignment <i>Choose Your Own Adventure (CYOA) Infographic</i>	15%	Get active! Discover local settings and organizations that offer opportunities for physical activity to explore different ways of moving. On their own time, students will be required to independently engage in one local activity, reflect on their experience and submit a report as an infographic.	2, 3, 4, 8, 10	Monday Dec. 2nd
TESTS				
Final Exam	30%	<i>Multiple choice, 2h, in-person, cumulative</i>	3, 5, 8, 9	FINAL EXAM Cumulative, Scheduled by Registrar during final exam period

Make-up exam:

Per University policy, makeup examinations for the final exam (i.e., during the December exam periods) are held on the Thursday of the first week of classes in January (for first-term courses).

Assigned work, including formal assignments and lab work documentation are due as communicated below and in OWL. Assignments are due **before** the date and time listed. Assignments submitted through OWL are due before 11:55 pm. However, there is a 5-minute grace period (i.e., when due at 11:55 pm, students who submit at or before 12:00 am will not be considered late). **Assignments that are submitted late without accommodation will receive a grade of zero (i.e., those time-stamped 12:01 am or later will receive a grade of zero).**

Course-

as the lab task permits. Completion of weekly lab tasks will directly impact the student's ability to perform well on the initial and final practical assessment. Students are encouraged to seek peer and TA feedback on lab tasks during lab time to enhance understanding and to promote final assessment performance.

Practical assignments (i.e., warm-up and group exercise class presentations):

As there are limited labs allocated for presentations, students are expected to be prepared to present on the date that they signed up for.

If a student is faced with extenuating medical or compassionate circumstances and is not able to present on their scheduled presentation date, the student who is affected must obtain academic accommodations to have their presentation rescheduled. **Presentations will not be rescheduled without formal accommodations.**

Schedule:

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	Online Lab Prep	Lab	Evaluation
Sept. 5-6 th	NO LECTURE	Read syllabus, browse OWL site	NO LABS	

Oct. 7th

Lecture 4

Review music

down.
LAB 4

Lab task: Fitness

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

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

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gonin6792 redoW* 3 612 792 reW* nBT254.69 641 who has gonin67

Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#)

Correspondence Statement

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 their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

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 (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will receive an automatic grade of zero on the test or exam.**

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.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. 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.**

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 Brightspace 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.

Dating Exams

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 .hange. Any remaining ass4CA.56 0nappropriate use of **During Exams**

- ' November 30th, 2024 (for full-year courses)
- ' March 7th, 2025 (for second term half-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.