



Western University
Faculty of Health Sciences
School of Kinesiology

Western
HealthSciences

KIN 2994A - Specific Populations, Healthy Engagement, Rehabilitation & Exercise
(SPHERE)
Fall 2024

Welcome to KIN SPHERE! This is your first semester of learning. In this course, we will focus on the practical aspects of group and individual exercise for specific populations (e.g., older adults, children, pregnancy, disability, etc.). 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 in programming exercise for specific populations. Students will apply a broad range of Kinesiology concepts while honing their leadership and instructional competence, exercise prescription and adaptation and movement demonstration skills.

The goal is to leave this course feeling confident to design and deliver safe and effective exercise and to promote and motivate optimal levels of daily physical activity for a variety of populations who may experience added barriers to physical activity engagement.

Instructor: Dr. Molly Driediger
Office: TH 4153
Email

*Field Trips :

Students are expected to plan, prepare for, travel to/from and participate in these community based experiences independently (or with classmates) outside of class time .

Students are responsible for signing up for and attending three (3) community movement-based activities, including:

- ξ Two CCAA/City of London Senior Fitness classes. Students must attend at least ONE class between September 5th

		11 labs will be applied to final grade.		important information on lab participation.
ASSIGNMENTS				

Specific Population 5% In groups of 4
Lecture Slide
Assignment

Oct. 21 st	Lecture 6	Review for presentations	LAB 5 Lab task: Activity/exercise class fully planned, start to rehearse	Lab participation 5 Warm-up presentations continue
Oct. 28 th	Lecture 7	Prep for presentation	LAB 6 Lab task: Exercise class rehearsal	Lab participation 6 CCAA report due
Nov. 4 th	Lecture 8	Prep for presentation	LAB 7 Student-led lab	

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- P D L O D F F R X Q W S U R Y L G H G W R V W X G H Q W V Z L O O 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

