



Western University
Faculty of Health Sciences
School of Kinesiology

Western
HealthSciences

**KIN 2994B - Specific Populations, Healthy Engagement, Rehabilitation & Exercise
(SPHERE)
Winter 2025**

Welcome to KIN SPHERE! I'm excited for this 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

Course Format:

Half course, 0.5 course, blended design, ~5h/week

1h/week in-person lecture

2h/week in-person lab

2h/week lab preparation, readings and independent field trips*

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:

The lab component is set up as a flipped classroom. Students are expected to review the online content and lab instructions on Brightspace prior to attending each lab. Lab time is then used to engage in hands-on, collaborative activities that requires application of the knowledge read or viewed prior (Educause, 2012).

Due to the nature of this course, including the requirement for active physical 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 are not 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.

Due to a strict maximum number of students in each laboratory section, students are not permitted to attend alternate lab sections. **YOU MUST ATTEND THE SESSION YOU ARE REGISTERED FOR.**

Course Conduct:

Students are expected to attend all lectures and labs (see *course-specific conditions*). If absent, students are expected to connect with peers to gather any missed content.

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. You are representing Western and the School of Kinesiology. It is a privilege to be able to do the activities offered during this course.

Etiquette:

Your instructor prefers to be addressed by their professional title (Dr.); however, it is acceptable to use the first names of your teaching assistants. If you have a preferred name or pronoun that we get

***Field Trips:**

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

Make-up exam:

Per University policy, makeup examinations for the final exam (i.e., during the December exam periods) are held on the second Thursday in May (for full courses and second-term courses), excepting when a change to this date is approved by the Associate Dean.

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-Specific Conditions:

This is a movement course. The laboratories within this course are designed to provide students with the opportunity to apply concepts discussed in lecture. It is important that all students in this course observe, analyze and take part in a variety of movements, in real time. There is also group work and collaboration in this course. Students will depend on reliable participation from peers to fulfill learning objectives. There are **11 in-person labs** in the term. **Lab participation is mandatory.**

If faced with extenuating medical or compassionate circumstances, **students can miss one lab without academic penalty and without explanation or submission of documentation to anyone (instructor or advisor).** If a student is absent for more than one lab, they are required to submit formal documentation and obtain accommodations through a Kinesiology academic advisor <https://www.uwo.ca/fhs/kin/undergrad/academic/index.html>, otherwise lab participation for that lab will be zero.

Including the one missed lab provided without penalty, students who miss 3 labs or more without appropriate academic consideration/accommodation, will be debarred

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| Jan. 13th | Lecture 1 | browse OWL site Plan for Independent Field Trip Assignments (2 CCAA visits, 1 Special Olympics) | LAB 1 Select group & modality Lab task: Partner |
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| | | | rehearsal | |
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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 d**

November 30th, 2024 (for full-year courses)

March 7th, 2025 (for second term half-courses)

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| 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:

- Course instructor (informal consultation)
- Department Chair (submission of written request)
- 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).

Land Acknowledgement

I acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), L naapéewak (Len-ahpay- wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

With this, I respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (e.g. First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing