



Western University
Faculty of Health Sciences
School of Kinesiology



Kin 3337A
Fall 2024

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Office Hrs: By appointment

TAs: TBA

written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

My Course Description

An overview of those factors associated with appraising body composition, fitness and strength. The

Course Evaluation:

- 1. Mid-term: TBA (20%)
- 2. Practical Exam: TBA (30%)
- 3. Completion of Data collection in labs. (5%)
- 4. Final exam: TBA during the December exam period. (45%)

- 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.

Since the midterm is scheduled outside of regular class hours, an opportunity to write a makeup mid-term will be available. Opportunities to write a makeup Midterm test will only be given to those students with conflicting class sessions, other tests, or university-sanctioned activities. These must be confirmed with a Kin academic counsellor.

Lecture outline:

Physiology of Fitness Appraisal

Chapter 1

Introduction: Our World and Body Composition

I. Body Composition: Energy Expenditure

II. Ideal Body Composition

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B. Sources of Error

C. Prediction Equations

D.

Article

Effects of training duration on substrate turnover and oxidation during exercise

Chapter 2

A. Measuring Gas Exchange to Evaluate Cardiovascular Function and Cell (i)-2 (ovas)-1 (c)n3 (.5p)

(Continued) Physiology related to Test protocols that measure Maximum Oxygen Consumption (VO_2 max tests).

Monitoring high intensity endurance exercise with heart rate and thresholds

Chapter 3 ECG/EKG

History

Rhythmic Excitation of the Heart

Rate

**Axis:
Infarction
Blocks
Rhythm**

Chapter 4

**Determinants of Health
Role of Appraiser
Health Benefits**

Changing your lifestyle

Factors Affecting Participation in Physical Activity (change/growth)

Process or Stages of Change

Counseling

Goals:

CSEP – History – Advise – Relapse – Case Studies

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 \(westerncalendar.uwo.ca\)](http://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

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 in-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 the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **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.**

Personal Response Systems (“clickers”) may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else’s clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

4. Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

Academic Accommodation

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.