

## KIN 4495 – Strength and Conditioning Practicum FW24

<p><b>Instructor:</b> Michael Herbert  <b>Office:</b> TH4180  <b>Email:</b> <a href="mailto:mherber5@uwo.ca">mherber5@uwo.ca</a>  <b>Phone:</b> 5196612111 x88675  <b>Office Hours:</b> will be posted in Brightspace calendar</p>	<p><b>Lectures:</b>          Monday – 11:30 to 1:30 pm – UCC 63</p> <p>**Some lectures may occur in different rooms (ie. Kirkley, Athletic Training Lab, etc.). These will be posted on Brightspace.</p>
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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

<p><b>Calendar Course Description (including prerequisites/anti-requisites):</b>          This course provides students with the opportunity to put theory into practice within the sport system available at Western. Students will work closely with athletic teams in assigned areas and under course-instructor supervision.</p> <p><b>Prerequisite(s):</b> <a href="#">Kinesiology 2992A/B</a>; <a href="#">Kinesiology 3495B</a> ; current certification in CPR</p> <p><b>Extra Information:</b> 3 lecture/seminar hours. Restricted to students in fourth year Honors Specialization in Kinesiology and subject to Faculty procedural guidelines and approval.</p>
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*You are responsible for ensuring that you have successfully completed all course pre-requisite-40T.caC 1001 al)200*




**Required Course Material:**

All required readings will be posted on Brightspace.

**Course Evaluation Summary:**

1. Practical Session Participation with S. Endo	7.5% - Must attend and ACTIVELY participate in ALL sessions
2. Completion of Coaching Association of Canada modules (CAC)	7.5% - Must complete all modules by October 11 <sup>th</sup>
3. Fall SBAR	5% - Due anytime between December 2 <sup>nd</sup> and 6 <sup>th</sup>
4. Winter SBAR	5% - Due anytime between March 31 <sup>st</sup> and April 4 <sup>th</sup>
5. Fall Debrief	10% - Includes brief presentation and reflection paper – Due December 2 <sup>nd</sup>
6. Final Debrief	15% - Includes brief presentation and reflection paper – Due March 31 <sup>st</sup>
7. Midterm Supervisor Evaluation	20%
8. Final Supervisor Evaluation	30%

Assignments are due as stated in the course syllabus and will be subjected to a 20% penalty per each 24 hours or part thereof, except under medical or other compassionate circumstances. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances

**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 gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

[https://www.uwo.ca/health/student\\_support/survivor\\_support/get-help.html](https://www.uwo.ca/health/student_support/survivor_support/get-help.html).

### **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>

### **Absence from Course Commitments**

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the central academic consideration portal. Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that any academic considerations granted in this course will be determined by the instructor of this course, in consultation with the academic advisors in your Faculty of Registration, in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner.

### **Accommodation for Religious Holidays**





**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 or unforeseen circumstances beyond the student's control, bias, i