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| Course ID: | Course Title: | Fall 2020 |
| KIN 201 | Introduction to Kinesiology | Prerequisite: None |
| | | Credits: 3 |

| Class Information | | Instructor Information | | Important Dates | |
|-----------------------|--------------------|------------------------|--|--|--------------|
| Delivery: | Blended | Instructor: | Dr. Megan Hallam, PhD | First day of classes: | Wed, Sept 9 |
| Days: | Wed/Fri | Email: | mhallam@ambrose.edu | Last day to add/drop, or change to audit: | Sun, Sept 20 |
| Time: | 11:45 am – 1:00 pm | Phone: | 403-410-2000 ext. 6905 | Last day to request revised final exam: | Mon, Nov 2 |
| Room: | A2131 | Office: | L2107 | Last day to withdraw from course: | Fri, Nov 20 |
| Lab/ Tutorial: | N/A | Office Hours: | By appointment: Megan Hallam calendly.com/hallammc | Last day to apply for coursework extension: | Mon, Nov 23 |
| Final Exam: | No Final Exam | | | Last day of classes: | Mon, Dec 14 |

Course Description

This course will introduce students to the mechanics and physiology of movement, as well as the short and long term benefits of exercise. It will also discuss the role of exercise in health, disease, and physical therapy.

Expected Learning Outcomes

Students will:

1. Learn the general fields of kinesiology.
2. Understand the biomechanical principles behind human movement.
3. Learn the components of training programs, and considerations for incorporation into healthy living.
4. Establish and monitor a six-week training cycle and evaluate success and self-efficacy using pre- and post-fitness assessments.
5. Learn the role of exercise in health, disease, and physical therapy.

Textbooks

Required textbook: Fitness Professional's Handbook, 7th Edition. Edward T. Howley and Dixie L. Thompson (Editors). Human Kinetics, 2017.

Course Schedule

Lines with a grey background indicate an *online-only class*.

| Date | Lecture Schedule | Textbook Chapter | Additional Notes |
|-------------|--|------------------|---|
| Sept 9 | Introductions | | |
| Sept 11 | Anatomy terminology & Musculoskeletal Motions | 3 | |
| Sept 16 | Anatomy terminology & Musculoskeletal Motions | 3 | |
| Sept 18 | Fitness Testing | 13 | |
| Sept 23 | Fitness Testing / Resistance Training | | Meet in the gym Wear appropriate footwear and clothing |
| Sept 25 | Fitness Testing / Resistance Training | 13 | Meet in the gym Wear appropriate footwear and clothing |
| Sept 30 | Resistance Training | | |
| Oct 2 | Adaptations to Resistance Training & Periodization | 13 | Resistance Training Report Due |
| Oct 7 | NO CLASSES, Spiritual Emphasis Day | 13 | |
| Oct 9 | Skeletal Muscle | 3, 4 | |
| Oct 14 | Skeletal Muscle | | |
| Oct 16 | Midterm 1 - Online | | Midterm 1 - Online |
| Oct 21 | Flexibility | 4, 7, 11 | Daily Activity Logs due |
| Oct 23 | Flexibility | 4, 7, 11 | |
| Oct 28 | Cardiovascular | 8, 12, 6 | |
| Oct 30 | Biomechanics | 10, 14 | |
| Nov 4 | Biomechanics | 10, 14 | |
| Nov 6 | Presentations | 8, 12, 6 | Daily Activity Logs |
| Nov 11 & 13 | NO CLASSES, Reading Week | | |
| Nov 18 | Fitness Testing / Program Adherence | 16-18 | Meet in the gym Wear appropriate footwear and clothing Daily Activity Logs due |
| Nov 20 | Fitness Testing / Program Adherence | | Meet in the gym Wear appropriate footwear and clothing |
| Nov 25 | Body Composition | | |
| Nov 27 | Special Populations | | Self-efficacy Report Due |
| Dec 2 | Midterm 2 - Online | | Midterm 2 - Online |
| Dec 4 | Special Populations | | |
| Dec 9 | Kinesiology in the Real World | 19-22 | |
| Dec 11 | Final Projects Due | | Final Projects Due |

Requirements:

Resistance Training Report – October 2, 14%
Activity logs – October 21 & November 18, 4%
Midterm 1 – October 16, 19%
Case Study: Exercise prescription group presentation – November 6, 10%
Self-efficacy Report – November 27, 14%
Midterm 2 – December 2, 19%
Final Project – December 11, midnight, 18%
Final Project Online Discussion – December 14, midnight, 2%

In order to submit the Self-efficacy Report you must have submitted the Resistance Training Report.

This course consists of 3 hours of lectures per week, though activities may be incorporated into the time as outlined above and reiterated in class ahead of time. Out-of-class time activity is also required through developing and following your personalized training program.

Assignments should be completed in accordance with the following criteria:

- Typed using a word processor
- Double spaced
- Font style: Times New Roman, Arial or similar
- Font size: 12-point
- Further instructions regarding tables and figures can be found on Moodle

Unless stated otherwise, all assignments are to be done using full sentences with proper spelling and grammar. Each assignment handed in will have marks for 'Presentation'. This includes spelling, grammar, and formatting.

All assignments must be handed in electronically using Moodle in .doc or .docx format. Moodle cannot accept Pages or other kinds of files from Mac computers.

Turnitin will be used for all assignments. This web-based tool will compare your work with numerous sources, including your fellow students, to check for plagiarism. Please ensure you are handing in your own original work and properly citing appropriate sources.

Assignments are due at the beginning of class on the due date, except in the case of the Final project, which has deadlines of midnight. Late assignments will be accepted for 5 days following the initial due date, as assignments are due Fridays this means late assignments may be handed in until the beginning of class the following Wednesday. A deduction of 10% per day will be applied to late assignments. All late assignments should be emailed to the instructor. Activity logs will not be accepted after the due date.

The two midterm exams will be done online using Moodle. These exams will occur during the normally scheduled 75 minutes of class – from 11:45 am to 1:00 pm Mountain time.

Attendance:

This is a blended class. For this class 'blended' means that in-person attendance will occur once a week for each student (as assigned), while the other class of the week will be attended online via Zoom. Students are strongly encouraged to attend every class in-person or online, which will help students be successful on assignments and exams. In following with the guidelines related

to the Covid-19 Pandemic, if students have any symptoms they should not attend the in-person class and should instead attend class via Zoom. If the instructor has any symptoms, or if there are room shutdowns, class will be online only and students will be notified via e-mail as soon as possible. Some classes will be online only, as indicated in the course schedule contained in this syllabus.

Should we be directed by Ambrose University & Alberta Health Services, all classes may move to an online format. In this case classes will continue on Zoom, though some may be pre-recorded. Fitness testing will be adapted so that students can do as much as possible at home.

Grade Summary:

The available letters for course grades are as follows:

| Letter Grade | Percentage | Description |
|--------------|------------|--------------|
| A+ | 95-100% | |
| A | 91-95% | Excellent |
| A- | 88-91% | |
| B+ | 83-88% | |
| B | 78-83% | Good |
| B- | 73-78% | |
| C+ | 68-73% | |
| C | 64-68% | Satisfactory |
| C- | 60-64% | |
| D+ | 55-60% | |
| D | 51-55% | Minimal Pass |
| F | Below 50% | Failure |

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

Other:

Plagiarism Policy:

It is your responsibility to ensure that all work you submit is original and that credit is given to ideas that are not your own. See below for Ambrose's statement defining plagiarism and outlining its consequences. While you will be working with at least one partner during labs it is expected that you each hand in your own, individual assignment that is your own original work.

Examples of plagiarism include, but are not limited, to:

1. Copying an assignment from someone else and submitting it as your own work.
2. Working with a friend and writing down identical answers, whether you understand the content or not, and submitting the assignments separately.
3. Quoting directly from a source without supplying quotation marks or a citation.
4. Quoting directly from a source without supplying quotation marks, even if it is referenced.
5. Submitting an assignment in which >30% of the content is properly quoted; that is, at least 70% of the words in an assignment need to be your own. A general rule of thumb: for every line quoted, there should be three lines of your own material explaining that quote.

6. Submitting the same or similar assignment for more than one class, or more than one iteration of the same class.

Penalties for plagiarism

For a first offense in any one of my classes, a zero on the assignment with no chance of rewriting it, and a note in your academic file.

For a second offense in any one of my classes, a zero in the class, and recommendation for a note on your transcript.

For a third offense in any one of my classes, a zero in the class and a recommendation for expulsion from the university.

Note that Ambrose has an appeals process in place if you feel that allegations of plagiarism are unfounded; these are for final marks only, and not for individual assignments.

Note that my record of a student's past plagiarism does not reset with each semester.

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Mental Health Support

All of us need a support system. We encourage students to build mental health supports and to reach out when help is needed.

On Campus:

- Counselling Services: ambrose.edu/counselling
- Peer Supportive Listening: One-to-one support in Student Life office. Hours posted at ambrose.edu/wellness.
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention and Mental Health First Aid. See ambrose.edu/crisissupport for a list of staff members.

Off Campus:

- Distress Centre - 403-266-4357
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

Sexual Violence Support

All staff, faculty, and Residence student leaders have received *Sexual Violence Response to Disclosure* training. We will support you and help you find the resources you need. There is a website with on and off campus supports – ambrose.edu/sexual-violence-response-and-awareness.

Off Campus:

- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888

Note: Students are strongly advised to retain this syllabus for their records.