

Course ID:	Course Title:	Fall 2021
KIN 201	Introduction to Kinesiology	Prerequisite: None
		Credits: 3

Class Information		Instructor Information		Important Dates	
Delivery:	In class	Instructor:	Dr. Megan C. Hallam, PhD, BSc	First Day of Classes:	September 8, 2021
Days:	Tues/Thurs	Email:	mhallam@ambrose.edu	Last Day to Add/Drop:	September 19, 2021
Time:	6:30 pm – 7:45 pm	Phone:	403-410-2000 ext 2950	Last Day to Withdraw:	November 22, 2021
Room:	L2133	Office:	L1037	Last Day to Apply for Extension:	November 23, 2021
Lab/Tutorial:	N/A	Office Hours:	Tuesday/Thursday by appointment: calendly.com/hallammc	Last Day of Classes:	December 13, 2021
Final Exam:	No scheduled final during Exam Week				

Important Dates and Information

For a list of all important dates and information regarding participating in classes at Ambrose University, please refer to the Academic Calendar at <https://ambrose.edu/academic-calendar>.

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.

Additional texts are on reserve at the Ambrose Library for use with assignments.

Course Schedule

Date	Lecture Topic	Textbook Chapter	Additional Notes
Sept 9	Introductions		
Sept 14	Anatomy terminology & Musculoskeletal Motions	3	
Sept 16	Anatomy terminology & Musculoskeletal Motions Fitness Testing (Theory)	7, 9-10	
Sept 21	Fitness Testing (Practical)	7, 9-10	Wear appropriate footwear and clothing
Sept 23	Fitness Testing (Theory) Resistance Training	7, 9-10	
Sept 28	Resistance Training	13	
Sept 30	Resistance Training	13	Resistance Training Report Due
Oct 5	Adaptations to Resistance Training & Periodization Skeletal Muscle	13	
Oct 7	Midterm 1 - Online		Midterm 1 - Online
Oct 12	Skeletal Muscle	3, 4	
Oct 14	Skeletal Muscle	3, 4	
Oct 19	Flexibility	4, 7, 11	Activity Logs Due
Oct 21	Flexibility	4, 7, 11	Wear clothes you can stretch in!
Oct 26	Biomechanics	10, 14	Flexibility Reflection Due
Oct 28	Biomechanics	10, 14	
Nov 2	Body composition		
Nov 4	Midterm 2 - Online		Midterm 2 - Online
Nov 9 & 11	NO CLASSES, Reading Week		
Nov 16	Fitness Testing (Practical)		Wear appropriate footwear and clothing
Nov 18	Cardiovascular	8, 12, 6	
Nov 23	Program Adherence	23	
Nov 25	Special Populations	16-22	Self-efficacy Report Due
Nov 30	Special Populations	16-22	
Dec 2	Performance		
Dec 7	Final Presentations		Final Presentations Due
Dec 9	Final Presentations		

Requirements:

Assignment 1: Resistance Training Report – September 30, 15%

OPTIONAL BONUS ASSIGNMENT: Deeper Life Conference Reflection – October 12, up to 2% bonus

Midterm 1 – October 12, 20%

Assignment 2: Activity logs – October 19, 4%

Assignment 3: Flexibility Reflection – October 26, 6%

Assignment 4: Self-efficacy Report – November 25, 15%

Midterm 2 – December 2, 20%

Assignment 5: Final Project: New Activity and App Evaluation Presentation – December 7, 20% (presentations will occur December 7 & 9)

In order to submit Assignment 4: Self-efficacy Report, you must have submitted Assignment 1: 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 and saved in .doc or .docx format
- Double spaced
- Font style: Arial or Calibri (Do **not** use Times New Roman)
- 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, and I am unable to open them. The final project presentation should include slides that can be handed in for review, this means either PowerPoint slides or some other kind of slideshow that can be submitted and viewed without additional software.

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, when assignments are due on Tuesdays this means late assignments will be accepted until Sunday, when assignments are due on Thursdays late assignments will be accepted until Tuesday. 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 6:30 pm to 7:45 pm Mountain time.

Attendance:

Students are strongly encouraged to attend every class, which will help students be successful on assignments and exams. Students should be present for both days of final presentations, not only the day they are presenting, this is part of the Final Project mark.

In following with the guidelines related to the Covid-19 Pandemic, if students have any symptoms they should not attend class and contact a classmate for any notes. Lecture notes in PowerPoint format are always posted on Moodle. 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, through Moodle announcements, as soon as possible. Exams 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 would be adapted so that students can do as much as possible at home.

Grade Summary:

The available letters for course grades are as follows:

Grade	Percentage	Interpretation	Grade Points
A+	95-100%	Excellent	4.00
A	91-95%		4.00
A-	88-91%		3.70
B+	83-88%	Good	3.30
B	78-83%		3.00
B-	73-78%		2.70
C+	68-73%	Satisfactory	2.30
C	64-68%		2.00
C-	60-64%		1.70
D+	55-60%	Poor	1.30
D	51-55%		1.0
F	Below 50%	Failure	0.00

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.

Page 5 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 Important Information:

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.

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 Academic Calendar. 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.

Standards of Behaviour in the Classroom Setting

Learning is an active and interactive process, a joint venture between student and instructor and between student and student. Some topics covered within a class may lead to strong reactions and opinions. It is important that Students understand that they are entitled to hold contradictory beliefs and that they should be encouraged to engage with these topics in a critical manner. Committing to this type of "active learning" significantly increases the learning experience for both teacher and student, and reflects the Christian imperative to pursue truth, which lies at the heart of the Ambrose educational experience. However, active discussion of controversial topics will be undertaken with respect and empathy, which are the foundations of civil discourse in the Classroom Setting. Primary responsibility for managing the classroom rests with the instructor. The instructor may direct a student to leave the class if the student engages in any behaviour that disrupts the classroom setting. If necessary, Ambrose security will be contacted to escort the student from class. Please refer to your professor regarding their electronic etiquette expectations.

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.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. The academic calendar can be found at <https://ambrose.edu/content/academic-calendar-2>.

Privacy

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.

Coursework Extensions

Should a request for a time extension on coursework exceed the end of the term, a *Coursework Extension Application* must be completed and submitted to the Office of the Registrar. The extension (if granted) will be recorded on the student record. Extensions are granted at the discretion of the instructor and are normally granted for 30 days beyond the last day of the term.

Normally, Course Extension Applications will be considered only when all of the following conditions are met:

- the quality of prior course work has been satisfactory;
- circumstances beyond your control, such as an extended illness or death of a family member, make it impossible for you to complete the course work on time; and
- you submit *Coursework Extension Application* to the Office of the Registrar on or before the deadline specified in the Academic Schedule.

If granted, time extensions do not excuse you from a final examination where one has been scheduled for the course.

A temporary grade of TX will be assigned until a final grade is submitted in accordance with the new deadline. A final grade of F will apply to:

- all course work submitted after the end of the semester unless a coursework extension has been granted; and all course work submitted after the revised due date provided by an approved extension to coursework.

Academic Success and Supports

Accessibility Services

Academic accommodation is provided to Ambrose students with disabilities in accordance with the Alberta Human Rights Act and the Canadian Charter of Rights and Freedoms. Provision of academic accommodation does not lower the academic standards of the university nor remove the need for evaluation and the need to meet essential learning outcomes. Reasonable accommodations are tailored to the individual student, are flexible, and are determined by considering the barriers within the unique environment of a

postsecondary institution. It can take time to organize academic accommodations and funding for disability-related services. Students with a disability who wish to have an academic accommodation are encouraged to contact Accessibility Services as early as possible to ensure appropriate planning for any needs that may include accommodations. Staff can then meet with students to determine areas to facilitate success, and if accommodations are required, ensure those accommodations are put in place by working with faculty.

Ambrose Writing Services

Ambrose Writing services provides academic support in the four foundational literacy skills—listening, speaking, reading, and writing. It also assists students with critical thinking and the research process. Throughout the academic year, students can meet with a writing tutor for personalized support, or they can attend a variety of workshops offered by Academic Success. These services are free to students enrolled at Ambrose University. Academic Success serves all students in all disciplines and at all levels, from history to biology and from theatre to theology. To learn more, please visit <https://ambrose.edu/writingcentre>

Ambrose Tutoring Services

Ambrose Tutoring Services provides support in specific disciplinary knowledge, especially in high-demand areas such as chemistry, philosophy, math and statistics, and religious studies. These tutors also coach students in general study skills, including listening and note-taking. During the academic year, Ambrose Tutoring Services offers drop-in tutoring for courses with high demand; for other courses, students can book a one-to-one appointment with a tutor in their discipline. These services are free to students enrolled at Ambrose University. To learn more, please visit <https://ambrose.edu/tutoring>.

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.