

Course ID:	Course Title:	Fall 2023	
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 Class:	Sept. 12
Days:	Tues	Email:	mhallam@ambrose.edu	Last Day to Add/Drop:	Sept. 17
Time:	6:00 pm – 9:00 pm	Phone:	403-407-9095	Last Day to Withdraw:	Nov. 20
Room:	A2133	Office:	L1037	Last Day to Apply for Coursework Extension:	Nov. 23
Lab/Tutorial:	-	Office Hours:	Mostly open door policy, or by appointment	Last Day of Class:	Dec. 5
Final Exam:	None				

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

1. Understand and explain the basic principles of kinesiology.
2. Apply the components of training programs, and considerations for incorporation into healthy living.
3. Create a training program, using a lab report format to evaluate success.
4. Apply biomechanical concepts to real-world scenarios.
5. Analyze and evaluate trends in kinesiology, including its application in various health contexts.

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

Please note the schedule may be subject to change. Textbook chapters are for your reference to compliment lectures.

Date	Lecture Topic	Textbook Chapter	Additional Notes & Tasks
Sept 12	<ul style="list-style-type: none"> • Introductions • Anatomy terminology & Musculoskeletal Motions 	3	
Sept 19	<ul style="list-style-type: none"> • Fitness testing (theory & practical) • Introduce Resistance Training Report 	Parts of chapters 7-10	Wear appropriate footwear and clothing
Sept 26	<ul style="list-style-type: none"> • Resistance training 	13	
Oct 3	<ul style="list-style-type: none"> • Introduce Activity Logs • Adaptations to resistance training • Periodization • Skeletal muscle 	3, 4, 13, 15	Resistance Training Plan Due
Oct 10	<ul style="list-style-type: none"> • Midterm 1 • Body composition 	6, 8, 12	Midterm 1
Oct 17	<ul style="list-style-type: none"> • Cardiovascular 	11	OPTIONAL: Deeper Life Day Reflection Due
Oct 24	<ul style="list-style-type: none"> • Flexibility 	14	Activity Logs Due Wear clothing you can stretch in Note: Flexibility will be a required component of the Resistance Training Report Discussion section
Oct 31	<ul style="list-style-type: none"> • Biomechanics • Introduce Resistance Training Report & Presentation 	3	

Nov 7	NO CLASS – READING WEEK		
Nov 14	<ul style="list-style-type: none"> • Midterm 2 • Fitness Testing 		Midterm 2 Wear appropriate footwear and clothing
Nov 21	<ul style="list-style-type: none"> • Program adherence • Special populations 	23 Parts of 16-22	
Nov 28	<ul style="list-style-type: none"> • Special populations 	Parts of 16-22	
Dec 5	<ul style="list-style-type: none"> • Presentations 		Presentation

Requirements:

Assignment 1: Resistance Training Plan – choice of format: paper, presentation, or ask about others. If doing a presentation you must notify instructor by September 29 – **October 3**, 17%

Midterm 1 – **October 10**, 17%

OPTIONAL BONUS ASSIGNMENT: Deeper Life Day Reflection – **October 17**, up to 3% bonus

Assignment 2: Activity logs – **October 24**, 10%

Midterm 2 – **November 14**, 21%

Assignment 3: Presentation – **December 5**, 15%

Assignment 4: Resistance Training Report – **December 11** (midnight), 20%

In order to submit Assignment 4: Resistance Training Report, you must have submitted Assignment 1: Resistance Training Plan, as almost all of the paper will relate to your Resistance Training Report. Late submission of the Resistance Training Report will still follow the below late policy in regards to the awarding of marks.

This course consists of 2.5 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, .docx, or .pdf 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 in Lecture 1

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, formatting, and adherence to limitations on length. All assignments must be handed in electronically using Moodle in .doc or .docx, or .pdf format. Microsoft Office is available to Ambrose students through IT. Moodle cannot display Pages or other kinds of files from

Mac computers, and I am unable to open them from a download. **Assignments submitted in a format that cannot be opened will be considered late.**

The 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.

Most of the work you turn in will require references. When referring to material produced by someone else you must provide a citation in the text of the assignment, and then a full citation (author(s), date, title, publication, volume, issue, page numbers, doi, and URL, as applicable) in a References section at the end of the assignment. There is no required reference style, but please do not use footnotes. APA or any numbered style is recommended. Refer to examples posted on Moodle (Lecture 1), or citation guides available on Reserve in the Library for your chosen style. All references within an assignment should be consistent for your chosen style. Refer to the Plagiarism Policy and Academic Integrity sections below for consequences of not referencing.

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 and use of artificial intelligence. 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 Resistance Training Report, which has a deadline 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 and graded until Sunday. A deduction of 10% per day will be applied to late assignments and there may be a delay in receiving your mark on assignments submitted late. Late Resistance Training Plans will be accepted past 5 days to enable the writing of the Final Report, but they will not be graded and the student will be assigned a mark of zero for the assignment. All late assignments should be emailed to the instructor. Activity logs will not be accepted after the due date.

Where choices are given for assignments students may only choose 1 of the options given. No assignments can be re-done and there are no additional make-up assignments given.

Attendance:

Students are strongly encouraged to attend every class, which will help students be successful on assignments and exams. Students should be present for final presentations.

If you are sick, please be considerate of those around you and do not come to class, even for an exam or presentation. If I am sick class may be moved online or cancelled, you will receive an email through Moodle announcements as soon as possible regarding either.

Grade Summary:

The available letters for course grades are as follows:

Grade	Percentage	Interpretation	Grade Points
A+	95-100%	Excellent	4.00
A	90-95%		4.00
A-	87-90%		3.70
B+	82-87%	Good	3.30

B	78-82%		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%	Minimal Pass	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 & Use of Artificial Intelligence (AI)

It is your responsibility to ensure that all work you submit is original and that credit is given to ideas and work that is not your own. See Page 6 for Ambrose's statement defining plagiarism and outlining its consequences.

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

1. Copying an assignment from someone else and submitting it as your own work.
2. Not providing in-text citations and full references in a reference list.
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.
7. Using generative AI tools to a greater extent than is permitted by a given assignment.
8. Using generative AI tools without citing material generated by AI.

Artificial Intelligence (AI)

Artificial Intelligence has considerable potential to generate text and other digital products. The intended purpose of this course is to provide information, as well as the opportunity to evaluate and analyze relevant material on your own so that you can build critical thinking skills.

In some assignments in KIN 201 you will have the option to use AI (ChatGPT specifically) to generate some content. Specifications on the permitted uses of AI for each assignment will be included in the assignment instructions. Where use of AI is permitted the following will always apply:

- Students must submit an appendix to their assignment which includes
 - The name of the artificial intelligence tool(s)
 - All content produced by an artificial intelligence tool
 - The prompt(s) used to generate the content
- Content produced by an artificial intelligence tool must be cited appropriately, like all other sources. Refer to Lecture 1 for examples on citing AI.

Please be aware that every one of your classes may have a different policy around the use of AI, there is no universal policy at this time for Ambrose University.

Penalties for plagiarism or misuse of AI

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:

Ambrose University Important Policies & Procedures:

Registration

Registration is the process of selecting and enrolling in classes for upcoming semesters. Only students who are registered will be permitted to attend class and receive a grade for the course. You are responsible for ensuring that the courses you take are appropriate for your program, that they do not have any scheduling conflicts, that they have the necessary prerequisites and that they meet all degree requirements.

Withdrawal From A Course

Prior to the Add/Drop deadline: through the student registration system whereby course(s) will be removed with no academic or financial penalty. After the Add/Drop deadline and until the Withdrawal deadline: through submission of the 'Withdrawal from Course' form whereby course(s) will remain on the permanent academic record/transcript with the symbol 'W'. (See ambrose.edu/registrar/request-forms.) Students who withdraw from more than 30 credits attempted at Ambrose University will be required to withdraw from their program. Students considering withdrawing from courses are encouraged to discuss with their Faculty Advisor and/or the Office of the Registrar questions relating to their withdrawal decision specifically relating to financial assistance, study permit requirements, prerequisites for subsequent courses, readmission, and/or graduation timeline. Students who do not formally withdraw from a course are still considered registered in the course, even if they are no longer attending classes. In this case, students will be assigned a grade based on coursework completed as per the course syllabus and are responsible to pay the tuition and fees assessed for the course. Under extenuating circumstances, students may request from the Office of the Registrar a course(s) withdrawal after the Withdrawal deadline and until the last day of classes. Extenuating circumstances typically consider situations such as medical emergencies, compassionate grounds, or unforeseen conditions/situations beyond the students' control that arise after the start of the semester and are considered on a case-by-case basis. Supporting documentation from a physician or Registered Health Professional must accompany this request.

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

Exam Scheduling

Students who find a conflict in their exam schedule must submit a *Revised Final Exam Time Application* to the Office of the Registrar by the deadline noted in the Academic Calendar. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; or 2) the scheduled final examination slot results in three consecutive examination

periods. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Communication

Your Ambrose email account is the University's primary and official mode of communication with you. Information delivered to your Ambrose email is considered official notification. Ambrose University is not responsible for your failure to receive important information delivered to your Ambrose email.

Lecture Recording

The recording of lectures or any other classroom academic activity, other than an audio recording as an accommodation, is prohibited except at the discretion of the instructor. Any use other than that agreed upon with the instructor constitutes academic misconduct and may result in suspension or expulsion. Permission to allow a lecture recording is not a transfer of any copyrights, so such recordings may be used only for individual or group study with other students enrolled in the same class and may not be reproduced, transferred, distributed or displayed in any public or commercial manner. Student must destroy recordings in any, and all formats at the end of the semester in which they are enrolled in the class. All students recording lectures, must sign the Permission Form to audio record lectures which is available through the Office of the Registrar.

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.

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/academics/academic-calendar>

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.

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/sas/writing-services>

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
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention Skills and can help you access mental health support. See <https://ambrose.edu/student-life/crisissupport> for a list of staff members.
- For additional wellness resources go to the Ambrose wellness page: <https://ambrose.edu/wellness>

Off Campus:

- Distress Centre - 403-266-4357
- Alberta Mental Health Helpline - 1-877-303-2642 (Toll free)
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

Sexual Violence Support

We are committed to supporting students who have experienced gender based sexual violence in the past or while at Ambrose. Many of the staff, faculty, and student leaders have received Sexual Violence Response to Disclosure training. We will support you and help you find the resources you need and you can access information about reporting. Information about the Sexual Violence policy and on and off campus supports can be found on our website— ambrose.edu/sexual-violence-response-and-awareness.

Off Campus:

- Alberta's Online for Sexual Violence - 1-866-403-8000 call or text
- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888
- Chat: www.calgarycasa.com

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