

COURSE SYLLABUS



COURSE TITLE: EXW 130 Life Cycle Fitness

CLASS SECTION: X01

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture & Seminar delivery

For COVID-19 updates please visit <https://camosun.ca/about/covid-19-updates>.

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Kerry Wadsworth

EMAIL: wadsworthk@camosun.bc.ca

OFFICE: PISE 306H

HOURS: Arranged in advance

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Course Description: Applies the benefits of physical activity to program planning for people of all ages, focusing on children and senior population. Addresses the psychological and physiological similarities and differences across the age groups and between genders. Gender and cultural differences in psychological and physiological adaptations to exercise and motivational differences are presented and analyzed.

PREREQUISITE(S): C in SPEX 110

CO-REQUISITE(S): N/A

EQUIVALENCIES: N/A

COURSE LEARNING OUTCOMES / OBJECTIVES

- Understand pediatric consideration of endurance training.
- Identify risk factors and benefits associated with strength training for children and adolescents.
- Understand the physiological, biomechanical and motor growth and development factors.
- Identify somatic and mental factors associated with aging process.
- Demonstrate the knowledge of similarities and differences of male and female athlete.
- Identify, analyze, and evaluate the physical, social, emotional, intellectual, and spiritual factors that influence exercise and physical activity participation across gender and age groups.
- Develop theory-based intervention strategies and techniques to effectively influence participation in physical activities.

- Understand the real limitations in performance due to the physiological changes associated with the aging process and physiological/biomechanical differences between the male and female athletes.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Various assigned readings will be identified throughout the course.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

EXW 130 X01 – Winter Schedule 2024 (Subject to change)
Instructor: Kerry Wadsworth

Week of	Lecture/Seminar Session Mondays, 10:30-12:20 AM PISE 124/PISE 329A	Lecture sessions Wednesdays, 11:30-12:20 PM PISE 329A
WEEK 1 Jan. 8-12	Seminar Presentation Preparation Course Introduction	OA1 Understanding Mature Adults
WEEK 2 Jan. 15-19	OA4 Guest Presentation - GYM Dave Docherty E Confirm in Dec. Seminar Presentation Preparation OA2 Older Adult Warm Up, Cool Down, & Flexibility	OA3 Older Adult Aerobic & Core Training
WEEK 3 Jan. 22-26	Road Trip – Berwick House 4062 Shelbourne St	OA7 Physiology of Aging
WEEK 4 Jan. 29-Feb.2	Student Presentations (Older Adult) OA8 Active Aging	OA9 Mobility Training for Older Adults
WEEK 5 Feb. 5-9	Student Presentations (Older Adult) OA10 Strength & Power Training for Older Adults	OA11 Balance Training for Older Adults
WEEK 6 Feb. 12-16	Student Presentations (Older Adult) Quiz Review Time	Quiz #1 Older Adults
WEEK 7 Feb. 19-23	Reading Break	
WEEK 8 Feb. 26-Mar. 1	P1 Prenatal Background Information Cont. Guest??? Island Health E (Feb. 26, 28 or March 4)	P1 Prenatal Background Information
WEEK 9 March 4-8	Student Presentations (Theme: Core & Flexibility training for second trimester) Prenatal Fitness Considerations P2 Prenatal Physiology & Anatomy (Gym not available) 11:30-12:20 - Guest Chelsea	Room Change – CHW 234 P3 Prenatal Fitness Programming and Pregnancy Concerns P4 Prenatal Wrap Up Quiz Review Time
WEEK 10 March 11-15		Y1 2020 ParticipACTION Report Card on PA for Children & Youth cont.
WEEK 11 March 18-22	Y2 Guest Presentation Y1 2020 ParticipACTION Report Card on PA for Children & Youth	Quiz #2 Prenatal
WEEK 12 March 25-29	Student Presentations (Youth) Y3 Physical Literacy Youth Aerobic & Anaerobic Training Jump & Throw Themed Programming for Youth	Y4 Growth, Development & Maturation
WEEK 13 April 1-5	Easter Monday - Stat. No Classes	Y5 Youth Resistance Training
WEEK 14 April 8-12	Student Presentations (Youth) Exam Review Course Wrap up & back-up presentation date	*Quiz #3 Youth

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the CAL exams page. <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Seminar Group Presentations 2 x 15% =	30%
Seminar Contribution	15%
Readings/ Assignments	15%
Exams:	
Quiz 1 (Older Adults)	15%
Quiz 2 (Prenatal)	15%
Quiz 3 (Youth)	10%
If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the Grade Review and Appeals policy for more information. http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf	TOTAL 100%

COURSE GUIDELINES & EXPECTATIONS

Attendance: Students are expected to attend all classes, labs, and exams. Students are responsible for getting their own notes from class as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams. Lab attendance is mandatory unless you have a medical reason for missing it, in which case you should email the instructor ahead of time to make note of your reason for missing class. Failure to attend the laboratory component could result in failure of the course.

An excused absence includes:

- a) A medical certificate
- b) An intercollegiate trip
- c) Permission of instructor prior to absence
- d) Compassionate reasons, &
- e) Signs & symptoms of COVID-19

Absences from Campus due to COVID-19:

If a student is feeling unwell, they should inform their instructor that they will be unable to participate in any in-person classes. Where possible, alternative means of participating in the learning will be arranged. Students will not be academically penalized for such absences.

Late Assignments:

Late assignments will receive a deduction of 20% per day. If assignments are due at the beginning of class, any assignments submitted later than that will receive a late penalty. Students are expected to submit their assignments by the date and time that it is due in order to avoid this penalty. If a student will miss a class due to illness, it is expected that the assignment will be emailed to the instructor prior to the date and time that it is due.

Exams and Assignment Scheduling Policy: The course exams and assignments are pre-scheduled by the instructor and written or due as outlined in this course outline. The final exam will be scheduled by the Registrar's office and cannot be rescheduled by the instructor.

Office hours: While office hours are noted on the course outline, students are free to make an appointment with their instructor at a time that is mutually convenient. Another option is to email your question. Questions sent by email must be brief (think the length of a tweet). If it is impossible to reply with a brief response (due to the nature of the question) then you will be asked to make an appointment. Your instructor will respond to emails as quickly as possible, however,

please keep in mind that this reply may be delayed when the instructor is tied up with other courses or if it is outside of work hours.

“24/7” policy: Students must wait 24 hours after receiving a grade before discussing it with the instructor, after this point, the student has 7 days to question the mark. After that, the grade is considered set in stone.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

Academic Progress

Please visit https://www.camosun.ca/sites/default/files/2021-05/e-1.1_0.pdf for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<https://camosun.ca/registration-records/policies-and-procedures-students/registration-policies-students>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://www.camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.