

# COURSE SYLLABUS



COURSE TITLE: KIN 120 Fitness & Wellness

CLASS SECTION: 001

TERM: Winter 2023

COURSE CREDITS: 3

DELIVERY METHOD(S): In person (lecture & lab)

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](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

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*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

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NAME: Kerry Wadsworth

EMAIL: By appointment

OFFICE: PISE 306H

HOURS: Thursdays, 1:30-3:30, 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

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[Students will study basic fitness principles to explore the ways in which fitness training and lifestyle behaviours impact health and wellness in a range of populations and various cultures within Canada including Indigenous Peoples. Behaviour change and goal setting will also be explored as the students study a series of fitness and wellness components. Students will also learn and practice a range of practical basic physical fitness and exercise training methods and techniques.

PREREQUISITE(S): N/A

CO-REQUISITE(S): N/A

EXCLUSION(S): N/A

## COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon successful completion of this course a student will be able to:

- Explain how various social, cultural, economic and environmental factors influence the dimensions of fitness, health and wellness of Canadians including Indigenous Peoples.
- Explain the fundamental concepts of physical activity and fitness and how they impact health.
- Critically analyze epidemiological evidence related to health and wellness, with an emphasis on improvement of health and well-being and prevention of chronic disease.

- Apply knowledge and skills in components of cardiovascular, strength and flexibility training through the practice of physical fitness and exercise training methods.
- Employ personal health and fitness behaviours through the use of behaviour change strategies and techniques.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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You do not need to buy a textbook for this course. The course material is based on information in the following textbook which can be found on reserve at the Interurban library:

Powers, S.K. & Dodd (2020). *Total Fitness & Wellness (8<sup>th</sup> ed)*. Toronto: Pearson Benjamin Cummings.

Note: Readings may also be assigned and/or identified throughout the course and posted on D2L.

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.

| Week # | Lecture Sessions KIN 120 001<br>Wednesdays, 2:30-4:20 @ PISE 329B<br>Subject matter to be covered by student will be available on D2L by the following dates:                     | Lab Sessions - PISE Gym/112<br>Section B - Mondays 12:30-2:20<br>Section A - Fridays 12:30-2:20                     | D2L Assignments & Reading Material   |
|--------|---|---|--|
| 1      | <b>Jan. 11</b><br><b>L1 - Course outline &amp; introduction</b><br><b>Discuss Assignment #1 – Goal Setting (due Jan. 20)</b><br><b>L2 - Understanding Fitness &amp; Wellness.</b> | <b>Jan. 9/13</b><br><b>@ PISE Gym</b><br>Activity   | D2L Lab Material<br>- Fitness Test Data Sheet<br>- Leger Cardio Calculation<br>- Core Flex 1 & 2   |
| 2      | <b>Jan. 18</b><br><b>L3- Self-Management Skills, Behaviour Change &amp; Goal Setting.</b>   | <b>Jan. 16/20</b><br><b>@ PISE Gym</b><br>Fitness Testing   | D2L Lab Material<br>- Cardio Reading<br>- Wt. Training 1 & 2<br><br><i>Part 1 - Goal Setting assignment due Jan.20</i><br><b>Journal must start by Fri., Jan. 20</b>         |
| 3      | <b>Jan. 25</b><br><b>L4 - Creating Your Total Fitness &amp; Wellness Plan</b><br><b>L5 – Interpreting Fitness Assessment Results</b>  | <b>Jan. 23/27</b><br><b>@ PISE Gym &amp; PISE 112</b><br>Introduction to Body Weight & Resistance Training Machines | D2L Lab Material<br>- Continuous Run<br>- Long Duration, Low intensity<br><br><b>D2L Assignment #1 &amp; #3</b><br>Opens Friday, Jan. 27, 5PM<br>Closes Friday, Feb. 3, 11PM |
| 4      | <b>Feb. 1</b><br><b>L6 - Principles of Exercise</b>   | <b>Jan. 30/ Feb. 3</b><br><b>@ PISE Gym</b><br>Running Technique & Long Slow Distance                               | D2L Lab Material - TBD<br><b>D2L Assignment #2</b><br>Opens Friday, Feb. 3, 5PM<br>Closes Friday, Feb. 10, 11PM  |
| 5      | <b>Feb. 8</b><br><b>L7 - Stress Management</b><br><b>L8 - Sleep</b>   | <b>Feb. 6/10</b><br><b>@ PISE Gym &amp; PISE 112</b><br>Resistance Training: Dumbbells<br>SPIN                      | D2L Lab Material<br>- Interval Training & Hills<br>- MSE Machines<br><b>D2L Assignment #4 &amp; #6</b><br>Opens Friday, Feb. 10, 5PM<br>Closes Friday, Feb. 17, 11PM         |
| 6      | <b>Feb. 15</b><br><b>L9 - Cardiorespiratory Endurance: Assessment &amp; Prescription</b>  | <b>Feb. 13/17</b><br><b>@ PISE Gym</b><br>Aerobic Training:<br>Fartlek/Intervals/Hills                              | <b>D2L Assignment #5</b><br>Opens Friday, Feb. 17, 5PM<br>Closes Friday, March 3, 11PM<br>D2L Lab Material<br>- Barbells   |
| 7      | <b>Feb. 20-24</b><br><b>Reading Break – No Classes</b>  |   |  |
| 8      | <b>March 1</b><br><b>Midterm</b>  | <b>Feb. 27/March 3</b><br><b>Movement Studio</b><br>Barbells  | D2L Lab Material<br>- Plyometrics & PNF<br>- Ruck, Trail Running   |
| 9      | <b>March 8</b><br><b>L10A &amp; L10B – Improving Muscular Strength &amp; Endurance</b>  | <b>March 6/10</b><br><b>@ PISE Gym &amp; PISE 112</b><br><b>Movement Studio</b><br>Barbells                         | <b>D2L Assignment #8</b><br>Opens Friday, March 10, 5PM<br>Closes Friday, March 17, 11PM   |
| 10     | <b>March 15</b><br><b>L11 – Flexibility</b>   | <b>March 13/17</b><br><b>@ PISE Gym &amp; Movement Studio</b><br>Recovery: Static Stretching, PNF & SPIN            | <b>D2L Assignment #9 &amp; #10</b><br>Opens Friday, March 18, 5PM<br>Closes Friday, March 24, 11PM<br><b>Journal ends Friday, March 24, 11PM</b>                             |
| 11     | <b>March 22</b><br><b>L12A &amp; 12B – Intro. To Nutrition</b>  | <b>March 20/24</b><br><b>@ PISE Gym</b><br>Fitness Testing  | <b>Part 2 - Journal assignment due Friday, March 24, 11PM</b>  |
| 12     | <b>March 29</b><br><b>L13 - Body Composition &amp; Achieving &amp; Maintaining a Healthy Body Weight</b>  | <b>March 27/31</b><br><b>@ PISE Gym</b><br>Ruck<br>Plyometrics  | <b>D2L Assignment #7</b><br>Opens Friday, March 31, 5PM<br>Closes Friday, April 7, 11PM<br><b>Part 3 – Reflection due Fri., March 31, 11PM</b>                               |
| 13     | <b>April 5</b><br><b>L14 - Preventing Chronic Disease</b>   | <b>April 3/7</b><br><b>@ PISE Gym</b><br>Disc Golf  | No Class on April 7 – Easter Friday  |
| 14     | <b>April 12</b><br><b>Back-up &amp; Review</b>  | <b>April 10/14</b><br><b>@ PISE Gym</b><br>Disc Golf  | No Class on Monday, April 12 – Easter Monday   |

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). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

| DESCRIPTION   | WEIGHTING    |
|---|--------------|
| 1. Practical Component <ul style="list-style-type: none"> <li>D2L post lab assignments</li> <li>Participation/Contribution</li> </ul> | 30%          |
| 2. Term assignment part 1 (goal setting/action plan) †  | 10%          |
| 3. Term assignment part 2 (journal) †   | 10%          |
| 4. Term assignment part 3 (reflection) †  | 10%          |
| 5. Midterm  | 20%          |
| 6. Final Written Exam   | 20%          |
|   | <b>TOTAL</b> |
|   | 100%         |

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>

## COURSE GUIDELINES & EXPECTATIONS

Students MUST complete/submit each part of the term assignment in order to be able to pass this course.

A large component of this course is practical (“learn to” in nature) and therefore attendance and participation in each activity is crucial to achieve the learning outcomes. Attendance will be taken at the START of each lab. If you are late for a lab, it is YOUR responsibility to ensure you have been marked as present for the lab. Marks will be deducted for each absence and failure to participate will result in **FAILURE** of the course. In consultation with the instructor, any student who was unable to attend a lab may be required to perform a make-up assignment or attend a make-up session. This consultation must occur within 1 week of the excused absence.

Each lab/practical session you will be assigned a grade out of 3 as follows for participation/contribution:

|     |   |
|-----|---|
| 3/3 | Punctual arrival/stays until end of class, good class participation/contribution, positive attitude/effort. |
| 2/3 | Missing one of the above.   |
| 1/3 | Missing two of the above.   |
| 0/3 | Unexcused absence.  |

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 medical certificate
- An intercollegiate trip
- Permission of instructor prior to absence
- Compassionate reasons &
- 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.

**Missed Exams:** Exams must be written on the date scheduled. If a student is unable to write an exam through no fault of their own for medical or other reasons, valid documentation must be provided and discussed with the instructor. If a student who is absent has not made arrangements with the instructor in advance, he or she will receive a zero. Final Exams may be scheduled at any time during the final exam block; therefore, students should avoid making travel plans, professional or personal commitments for the duration of the exam period.

**Policy on Calculators:** Calculators will be permitted during tests. Permission is restricted to non-programmable calculators only. Cell phone calculators cannot be used during tests.

**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.

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## 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.

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## 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   | <a href="http://camosun.ca/advising">http://camosun.ca/advising</a>                       |
| Accessible Learning | <a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a> |
| Counselling         | <a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>                 |
| Career Services     | <a href="http://camosun.ca/coop">http://camosun.ca/coop</a>                               |

| Support Service                     | Website   |
|-------------------------------------|---|
| Financial Aid and Awards            | <a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>           |
| Help Centres (Math/English/Science) | <a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>           |
| Indigenous Student Support          | <a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>               |
| International Student Support       | <a href="http://camosun.ca/international/">http://camosun.ca/international/</a>       |
| Learning Skills                     | <a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>       |
| Library                             | <a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a> |
| Office of Student Support           | <a href="http://camosun.ca/oss">http://camosun.ca/oss</a>                             |
| Ombudsperson                        | <a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>                       |
| Registration                        | <a href="http://camosun.ca/registration">http://camosun.ca/registration</a>           |
| Technology Support                  | <a href="http://camosun.ca/its">http://camosun.ca/its</a>                             |
| Writing Centre                      | <a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>       |

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.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

### 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 Integrity

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

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.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” (<http://camosun.ca/learn/calendar/current/procedures.html>) 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://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### 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.

**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.