

COURSE SYLLABUS



COURSE TITLE: KIN 120 – Fitness and Wellness

CLASS SECTION: 001A | 001B

TERM: 2023 Fall

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture, Lab

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən 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>.

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: Steve Van Schubert

EMAIL: vanschuberts@camosun.ca

OFFICE: PISE 306K

HOURS: Tuesdays 11:30 am – 12:30 pm by appointment only

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.

INSTRUCTIONAL ASSISTANT DETAILS

NAME:

EMAIL: [@camosun.ca](#)

CALENDAR DESCRIPTION

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): none

COURSE LEARNING OUTCOMES / OBJECTIVES

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

Required:

- None

Referenced:

- Powers, S. K. & Dodd. (2020). Total Fitness and Wellness (8th ed.). Toronto: Pearson Benjamin Cummings.
- Additional readings may be assigned and/or identified throughout the course (posted to 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	ACTIVITY or TOPIC - Lecture	ACTIVITY or TOPIC - Lab	NOTES
Week 1	Introduction to KIN 120 Understanding Fitness & Wellness	Introduction to KIN 120 labs	
Week 2	Principles of Exercise for Health and Fitness	Fitness Testing	
Week 3	Interpreting Fitness Test Results Creating a Fitness Plan	Principles of Corrective Exercise, Warm-up, Cool-Down	
Week 4	Behaviour Change & Goal Setting	Cardiorespiratory Training - Run Techniques	
Week 5	Cardiorespiratory Exercise: Assessment & Prescription	Cardiorespiratory Training - LSD, Intervals	
Week 6	Muscular Strength & Endurance	Resistance Training - Machines	Quiz 1
Week 7	Muscular Strength & Endurance	Resistance Training - Dumbbells	
Week 8	Flexibility	Flexibility Training - Static, Dynamic	
Week 9	Stress Management	Recovery - Self-Myofascial Techniques, PNF	Quiz 3
Week 10	Nutrition	Resistance Training - Barbells	
Week 11	Body Composition	Fitness Testing	
Week 12	Preventing Chronic Disease	Resistance Training - Body Weight, Bands	
Week 13	Health and Fitness Integration	Resistance Training - Circuits	Quiz 3
Week 14	Health and Fitness Integration	Resistance Training - Circuits	

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 noticed 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
Assignment – Part 1	10%
Assignment – Part 2	10%
Assignment – Part 3	20%
Quizzes – Lab	30%
Written Exam – Final	30%
	TOTAL
	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](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Professional standards for students

- Students are expected to exhibit polite, mature and respectful behaviour in class (lectures, labs, seminars or practicums) and actively participate as needed.
- If students are late for class they should enter by the door at the back of the classroom, if available, with materials out and ready to be used.
- Students are expected to conduct themselves in a manner that maximizes the learning of all students. Please wait until a class break to take garbage or recyclables to the appropriate bins.
- Students are expected to dress appropriately for the class/lab concerned (loose shorts, T-shirt, socks and shoes). Students must change for every lab unless informed in advance.
- Students are expected to maintain good personal hygiene standards for all classes. If students have been active immediately prior to a class/lab, they should make an attempt to shower/wash prior to attending class and/or change into clean dry clothing/shoes. Please be considerate to others and do not wear strong perfumes or scents.
- Students will be practicing skills involving direct physical contact (such as palpation, muscle testing, exercise assistance/spotting) on each other. Students must refrain from any inappropriate touching. Students with concerns are to speak to the instructor prior to the beginning of the course or as concerns arise during the semester. There can be no exception to this participation.

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 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. To contact the Office of Student Support: 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.