

# COURSE SYLLABUS



COURSE TITLE: **KIN 120 Foundations of Fitness & Wellness**

CLASS SECTION: 001A and 001B

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture Tuesdays 8:30-10:20 [CHW340]

Lab 001A Wednesdays 2:30-4:20 [PISE112, 124A, 124B, or 223]

Lab 001B Thursdays 9:30-11:20 [PISE112, 124A, 124B, or 223]

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](#).

## INSTRUCTOR DETAILS

---

NAME: Kai Riecken, PhD

EMAIL: [RieckenK@camosun.ca](mailto:RieckenK@camosun.ca)

OFFICE: PISE 312

HOURS: Wednesdays 10:00 - 11:00 am (or by appointment)

*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

---

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.

## 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

Recommended text:

The course material is based on information in the following textbook which can be found on reserve at the Interurban library or purchased at the bookstore:

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

Note: Students should check our course D2L regularly for additional readings, lab materials, and supplementary resources throughout the term.

## 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 TOPIC   | LAB ACTIVITY   | OTHER NOTES                                      |
|------|---|--|--|
| 1    | Introduction to KIN 120 / Understanding Fitness & Wellness  | PAR-Q and Intro  |  |
| 2    | Principles of Exercise for Health & Fitness<br><i>Discuss Term Assignments</i>                                  | Fitness Testing  |  |
| 3    | Interpreting Fitness Assessment Results   | Introduction to Resistance Training Machines             |  |
| 4    | Behaviour Change & Goal Setting   | Aerobic: Run technique and Long Slow Distance            |  |
| 5    | Cardiorespiratory Exercise  | Resistance: Dumbbells and Kettle Bells                   | <b>Term Assignment Part 1 Due on D2L</b>         |
| 6    | Muscular Strength & Endurance<br><i>Note: Tracking log must start on Mon. Feb 12<sup>th</sup> at the latest</i> | Aerobic: Hills   | <b>Practical Quiz 1 – D2L Complete by Sunday</b> |
| 7    | Reading Break – No lecture  | No lab   |  |
| 8    | Muscular Strength & Endurance continued   | Aerobic: TBD (Velocity Skipping)                         |  |
| 9    | Flexibility   | Aerobic: Intervals or Resistance: Barbells               |  |
| 10   | Stress Management   | Recovery: Static & Dynamic Stretching, PNF, Foam Rolling | <b>Practical Quiz 2 – D2L Complete by Sunday</b> |
| 11   | Sleep<br><i>Tracking log can end on Monday March 18<sup>th</sup> at earliest</i>                                | Circuit – Core   |  |
| 12   | Body Composition and Nutrition Part 1   | Fitness Testing  | <b>Term Assignment Part 2 due on D2L</b>         |
| 13   | Nutrition- Part 2   | Circuit – HIIT   | <b>Practical Quiz 3 – D2L Complete by Sunday</b> |
| 14   | Final Exam Review<br><i>Term Assignment Part 3 due</i>  | Circuit – TRX and Bodyweight Exercises                   | <b>Term Assignment Part 3 due on D2L</b>         |

\*order of lectures and labs may change due to availability of equipment, rooms, speakers, and weather

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. https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams)

## EVALUATION OF LEARNING

| DESCRIPTION  |                                     | WEIGHTING |
|--|-------------------------------------|-----------|
| Term Assignment: Part 1 (Goal Setting & Action Plan)   | <b>DUE on D2L February 9</b>        | 20%       |
| Term Assignment: Part 2 (Journal & Reflection)   | <b>DUE on D2L March 28</b>          | 10%       |
| Term Assignment: Part 3 (Final Summary)  | <b>DUE on D2L April 12</b>          | 20%       |
| Participation  |                                     | 5%        |
| Post Lab Quizzes: 3 x 5% <ul style="list-style-type: none"> <li>• <b>Quiz 1 available to complete Feb 16-18 via D2L</b></li> <li>• <b>Quiz 2 available to complete Mar 15-17 via D2L</b></li> <li>• <b>Quiz 3 available to complete Apr 5-7 via D2L</b></li> </ul> |                                     | 15%       |
| Final Written Exam   | <b>Date TBD – final exam period</b> | 30%       |
| <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](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

**Students must complete and submit each part of the term assignment in order to be able to pass this course.**

A large component of this course is practical in nature and therefore attendance and participation in each activity is crucial to achieve the learning outcomes. The term assignment is the core applied learning component of this course and must be completed, it is broken into parts based on units taught, but all 3 parts need to be completed.

**Attendance:** Students are expected to attend all classes, labs, and exams. Students are responsible for getting their own notes from classes missed 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) illness

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.

**Participation:** this course has a large practical component. Attendance and participation in labs will be required for success in this course. Participation will be based on instructor observations of student attendance, engagement, teamwork, and coachability.

- 100% = attended all labs, highly engaged listening, worked well with peers, adhered to instructions.
- 75-100% = some unexcused absences; moderate participation/effort and coachability; etc.
- 50-75% = multiple missed labs, often not engaged or not listening, some unsafe behaviour; etc.
- 0-50% = regularly missed labs, poor listening and negative attitude, unsafe behaviour or ignoring instruction, poor interactions with peers etc.

**Late Assignments:** Late assignments will receive a deduction of 10% per day. If you require an extension due to extenuating circumstances, please request prior to the due date of the assignment.

**Missed Exams:** The final exam must be written on the date scheduled during the final exam period. 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. Final Exams may be scheduled at any time during the final exam block; therefore, students should avoid making travel plans 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 phones cannot be used during exams.

**Office hours and email:** 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. Brief queries may also be sent via email. Please keep in mind that it may take up to 2 business days to receive a response. Please send any messages via email to [RieckenK@camosun.ca](mailto:RieckenK@camosun.ca) – do not send messages via D2L as these will not be checked regularly.

## 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.

### **Mandatory Attendance for First Class Meeting of Each Course**

This section of KIN120 001 requires mandatory attendance for the first class meeting of the 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 for Students” [Registration Policies for Students | Camosun College](#)

## 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 [camosun.ca/services](https://camosun.ca/services).

| Support Service                     | Website   |
|-------------------------------------|---|
| Academic Advising                   | <a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>   |
| Accessible Learning                 | <a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>   |
| Counselling                         | <a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>   |
| Career Services                     | <a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>                                       |
| Financial Aid and Awards            | <a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>   |
| Help Centres (Math/English/Science) | <a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>   |
| Indigenous Student Support          | <a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>   |
| International Student Support       | <a href="https://camosun.ca/international">camosun.ca/international</a>   |
| Learning Skills                     | <a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a> |
| Library                             | <a href="https://camosun.ca/services/library">camosun.ca/services/library</a>   |
| Office of Student Support           | <a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>   |
| Ombudsperson                        | <a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>   |
| Registration                        | <a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>   |
| Technology Support                  | <a href="https://camosun.ca/services/its">camosun.ca/services/its</a>   |
| Writing Centre                      | <a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</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 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 <https://camosun.ca/sites/default/files/2021-05/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

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit

<https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### 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 (see [policy](#)).

Please visit <https://camosun.ca/services/forms#medical> 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: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education). To contact the Office of Student Support: [oss@camosun.ca](mailto: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 <https://camosun.ca/sites/default/files/2021-05/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.