

COURSE SYLLABUS



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

CLASS SECTION: RH02 -SIP- Spectrum

TERM: Fall 2022

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture Tuesdays 12:50-2:00, Fridays 11:30-12:45 [Spectrum]

Lab Wednesdays 11:45-1:15 [PISE223]

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://camosun.ca/about/covid-19-updates>

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: Kai Riecken, PhD

EMAIL: RieckenK@camosun.ca

OFFICE: PISE 306G

HOURS: Wednesdays 2:00– 3:00pm (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

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 (8th 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.

LECTURE SCHEDULE:

Week	Date	Topic: 70 minute lesson at Spectrum
1	Sep 9	Introduction to KIN 120
2	Sep 13 Sep 16	-Understanding Fitness and Wellness -Principles of Exercise for Health & Fitness [<i>Discuss Term Assignments</i>]
3	Sep 20 Sep 23	-Interpreting Fitness Assessment Results <i>-No Class – Pro D Day</i>
4	Sep 27 Sep 30	-Creating a Fitness Plan & Goal Setting <i>-No Class (Statutory Holiday)</i>
5	Oct 4 Oct 7	-Behaviour Change and Goal Setting Continued -Cardiorespiratory Exercise: Assessment & Prescription <i>Term Assignment Part 1 due</i> <i>Log must start on Monday Oct3rd at the latest</i>
6	Oct 11 Oct 14	-Improving Muscular Strength & Endurance -Flexibility
7	Oct 18 Oct 21	-Intro to Nutrition <i>-No Class Pro D Day</i>

8	Oct 25 Oct 28	-Nutrition Continued -Body Composition and Achieving Optimal Weight
9	Nov 1 Nov 4	-Stress Management, Mental Health, Sleep -Stress Management, Mental Health, Sleep
10	Nov 8 Nov 11	-Preventing Chronic Disease: CVD, Cancer, Diabetes -No Class (<i>Statutory Holiday</i>)
11	Nov 15 Nov 18	-Healthy Schools, Healthy Students [<i>Log can end Monday Nov 14th at earliest</i>] -Healthy Schools, Healthy Students
12	Nov 22 Nov 25	-Preventing Chronic Disease: CVD, Cancer, etc. [<i>Term Assignment Part 2 due</i>] -TBD (e.g. Screen time, nature, documentary, sexual health other)
13	Nov 29 Dec 2	Exam Review [<i>Term Assignment Part 3 due</i>] Final Exam – In Class

LAB SCHEDULE:

Week	Date	Lab Topic: 90 minute sessions at PISE	Associated D2L Quiz Open on the Wednesday, to be completed by following Monday
1	Sep 14	Introduction to KIN 120 labs	
2	Sep 21	Fitness Testing	
3	Sep 28	Introduction to Resistance Training Machines	Lab Quiz #1
4	Oct 5	Intro to Run Technique & Long Slow Distance (LSD)	
5	Oct 12	Resistance Training: Dumbbells and Kettle Bells	
6	Oct 19	Aerobic Training: Intervals/Hills	Lab Quiz #2
7	Oct 26	Resistance Training: Barbells	
8	Nov 2	TBD	
9	Nov 9	Bodyweight training; TRX circuit	Lab Quiz #3
11	Nov 16	Fitness Testing	
12	Nov 23	Fitness Games/HIIT	
13	Nov 30	Recovery: Static Stretching, PNF, Foam Rolling	

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
Term Assignment: Part 1 (Goal Setting & Action Plan)	10%
Term Assignment: Part 2 (Journal & Reflection)	10%
Term Assignment: Part 3 (Final Summary)	25%
Participation (5% attendance, 5% instructor observation)	10%
Practical Component: Post Lab Quizzes (3 x 5% each)	15%
Final Written Exam	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

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: 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.

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

Support Service	Website
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.

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. 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.