

COURSE SYLLABUS



COURSE TITLE: KIN 220 – Resistance Training and Group Exercise Instruction
CLASS SECTION: 001 A and B and C
TERM: 2022F
COURSE CREDITS: 3
DELIVERY METHOD(S): Lecture and Labs (in-person)

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: Kristal Anderson
EMAIL: andersonk@camosun.ca
OFFICE: PISE 212b
HOURS: Mondays, Wednesdays and Fridays, 12-1 PM 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 instructional techniques in a variety of individual and group-based exercise modalities. Instruction will include but not be limited to resistance training, group fitness, interval training, aqua-fitness, yoga and Pilates.

PREREQUISITE(S): None
CO-REQUISITE(S): None
EXCLUSION(S): None

COURSE LEARNING OUTCOMES / OBJECTIVES

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

- Demonstrate knowledge and instructional skills in a variety of resistance and group exercise modalities.
- Explain the relevance and purpose of the exercise, fitness program, and modifications as they relate to the client or target group.
- Provide appropriate, detailed verbal instructions, physical demonstrations, safety considerations and feedback to the individual client or target group.
- Demonstrate proper resistance training and aerobic fitness exercise technique.
- Correctly monitor and modify exercise techniques for the client or target group, as necessary.
- Demonstrate the ability to design and lead a variety of individual and group exercise program to meet the needs of the client or target group.
- Apply appropriate training principles and best practices to lead individual and group exercise programs for a wide range of apparently healthy individuals and those with one stable chronic disease.
- Analyze commercial fitness programs using an evidence-based approach.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- (a) Texts: Canadian Society for Exercise Physiology- Physical Activity Training for Health (CSEP-PATH) manual (3rd edition). This is available through the Camosun College bookstore or through csep.ca and is also required for courses such as KIN 230, 240, and 241.
- (b) Other: Required readings and abbreviated lecture notes will be accessible online at Desire to Learn (D2L) (<https://online.camosun.ca/>) under the KIN 220 content page. Citations for each reading will be provided in class.

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.

Lectures: Section 001 A/B/C- Mondays 2:30 PM (PISE 330); **001 A** Labs Wednesdays & Thursdays (PISE 223, Movement Studio)
All labs in PISE 223 Movement studio unless otherwise stated.

Week of:	Lecture: Mondays, 230-320 PM	Lab 1: Wednesdays, 130-250 PM	Lab 2: Thursdays, 130-250 PM
#1 – Sept 5	<i>No class; Labour Day Holiday</i>	Lab Introduction; Machine RT Exercises	Resistance Training Monitoring
#2 – Sept 12	Course Overview; Intro to Resistance Training (RT)	Kettlebell Training Part A; <i>Fitness Trend Assignment Overview</i>	Kettlebell Training Part B
#3 – Sept 19 Quiz 1	Resistance Training: Kettlebells	Barbell Training Part A	Barbell Training Part B
#4 – Sept 26	Resistance Training: Barbells	Kettlebell and Barbell Practice	Kettlebell and Barbell Practice
#5 – Oct 3	Functional Anatomy and Biomechanics of Resistance Exercise	Flexibility & Myofascial Techniques	Fitness Trend Presentations (12%)
#6 – Oct 10 Quiz 2	<i>No class; Thanksgiving Holiday</i>	CrossFit Session I (501-771 Vernon Ave.)	Flexibility & Myofascial Techniques
#7 – Oct 17	Flexibility Training (FT); <i>RT & Flex. Practical Overview</i>	CrossFit Session II (501-771 Vernon Ave.)	Review/Prep for RT & Flex. Practical
#8 – Oct 24	FT (cont'd.) and Myofascial Techniques	Resistance and Flexibility Monitoring Practical (20%)	Resistance and Flexibility Monitoring Practical (20%)
#9 – Oct 31 Quiz 3	Quiz 3	80s style Group Fitness (TBC)	HIIT Training (Third Space Movement, 721 Kings Rd.)
#10 – Nov 7	TRX; Group Exercise Practical Overview	Group Exercise – TRX	TBA
#11 – Nov 14	Group Exercise Intro.	80s style Group Fitness (TBC) or TBA	Performance Conditioning Guest: L. Lynk
#12 – Nov 21 Quiz 4	HIIT; Indoor Cycling	Group Exercise Practical Prep. Lab	Yoga Guest: TBC
#13 – Nov 28	Yoga	Group Exercise Practical (20%)	Group Exercise Practical (20%)
#14 – Dec 5	Quiz 4	Pilates or Yoga Guest TBA	<i>Back up lab for inclement weather</i>
#15 & 16 – Dec. 12	Final exam block (Dec 12-20)	Final exam block (Dec 12-20)	Final exam block (Dec 12-20)

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
Fitness Trend Presentation, scheduled in week 5	12%
Quizzes (12% each in weeks 3, 6, 9 and 12)	48%
Resistance Training and Flexibility Monitoring Practical, scheduled in week 8	20%
Group Exercise Practical, scheduled in week 13-14	20%
	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

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.

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.

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 if it is brief. 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
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.

Lectures: Section 001 A/B/C- Mondays 2:30 PM (PISE 330); **001 B** Labs Wednesdays & Thursdays (PISE 223, Movement Studio)
 All labs in PISE 223 Movement studio unless otherwise stated.

Week of:	Lecture: Mondays, 230-320 PM	Lab 1: Wednesdays, 3-420 PM	Lab 2: Thursdays, 3-420 PM
#1 – Sept 5	<i>No class; Labour Day Holiday</i>	Lab Introduction; Machine RT Exercises	Resistance Training Monitoring
#2 – Sept 12	Course Overview; Intro to Resistance Training (RT)	Kettlebell Training Part A; <i>Fitness Trend Assignment Overview</i>	Kettlebell Training Part B
#3 – Sept 19 Quiz 1	Resistance Training: Kettlebells	Barbell Training Part A	Barbell Training Part B
#4 – Sept 26	Resistance Training: Barbells	Kettlebell and Barbell Practice	Kettlebell and Barbell Practice
#5 – Oct 3	Functional Anatomy and Biomechanics of Resistance Exercise	Flexibility & Myofascial Techniques	Fitness Trend Presentations (12%)
#6 – Oct 10 Quiz 2	<i>No class; Thanksgiving Holiday</i>	CrossFit Session I (501-771 Vernon Ave.)	Flexibility & Myofascial Techniques
#7 – Oct 17	Flexibility Training (FT); <i>RT & Flex. Practical Overview</i>	CrossFit Session II (501-771 Vernon Ave.)	Review/Prep for RT & Flex. Practical
#8 – Oct 24	FT (cont'd.) and Myofascial Techniques	Resistance and Flexibility Monitoring Practical (20%)	Resistance and Flexibility Monitoring Practical (20%)
#9 – Oct 31 Quiz 3	Quiz 3	80s style Group Fitness (TBC)	HIIT Training (Third Space Movement, 721 Kings Rd.)
#10 – Nov 7	TRX; Group Exercise Practical Overview	Group Exercise – TRX	TBA
#11 – Nov 14	Group Exercise Intro.	80s style Group Fitness (TBC) or TBA	Performance Conditioning Guest: L. Lynk
#12 – Nov 21 Quiz 4	HIIT; Indoor Cycling	Group Exercise Practical Prep. Lab	Yoga Guest: TBC
#13 – Nov 28	Yoga	Group Exercise Practical (20%)	Group Exercise Practical (20%)
#14 – Dec 5	Quiz 4	Pilates or Yoga Guest TBA	<i>Back up lab for inclement weather</i>
#15 & 16 – Dec. 12	Final exam block (Dec 12-20)	Final exam block (Dec 12-20)	Final exam block (Dec 12-20)

Lectures: Section 001 A/B/C- Mondays 2:30 PM (PISE 330); **001 C** Labs Mondays 10-1120 AM & Fridays 1-220 PM (PISE 223, Movement Studio). All labs in PISE 223 Movement studio unless otherwise stated.

Week of:	Lecture: Mondays, 230-320 PM	Lab 1: Mondays, 10-1120 AM	Lab 2: Fridays, 1-220 PM
#1 – Sept 5	<i>No class; Labour Day Holiday</i>	<i>No class; Labour Day Holiday</i>	Lab Introduction; Machine RT Exercises Resistance Training Monitoring
#2 – Sept 12	Course Overview; Intro to Resistance Training (RT)	Kettlebell Training Part A; <i>Fitness Trend Assignment Overview</i>	Kettlebell Training Part B
#3 – Sept 19 Quiz 1	Resistance Training: Kettlebells	Barbell Training Part A	Barbell Training Part B
#4 – Sept 26	Resistance Training: Barbells	Kettlebell and Barbell Practice	<i>No labs; National Day of Reconciliation</i>
#5 – Oct 3	Functional Anatomy and Biomechanics of Resistance Exercise	Kettlebell and Barbell Practice	Fitness Trend Presentations (12%)
#6 – Oct 10 Quiz 2	<i>No class; Thanksgiving Holiday</i>	Flexibility & Myofascial Techniques	CrossFit Session I (501-771 Vernon Ave.)
#7 – Oct 17	Flexibility Training (FT); <i>RT & Flex. Practical Overview</i>	Review/Prep for RT & Flex. Practical	CrossFit Session II (501-771 Vernon Ave.)
#8 – Oct 24	FT (cont'd.) and Myofascial Techniques	Resistance and Flexibility Monitoring Practical (20%)	Resistance and Flexibility Monitoring Practical (20%)
#9 – Oct 31 Quiz 3	Quiz 3	80s style Group Fitness (TBC)	HIIT Training (Third Space Movement, 721 Kings Rd.)
#10 – Nov 7	TRX; Group Exercise Practical Overview	Group Exercise – TRX	<i>No labs; Remembrance Day</i>
#11 – Nov 14	Group Exercise Intro.	80s style Group Fitness (TBC) or TBA/MT	Performance Conditioning Guest: L. Lynk
#12 – Nov 21 Quiz 4	HIIT; Indoor Cycling	Group Exercise Practical Prep. Lab	Yoga Guest: TBC
#13 – Nov 28	Yoga	Group Exercise Practical (20%)	Group Exercise Practical (20%)
#14 – Dec 5	Quiz 4	Pilates or Yoga Guest TBA	<i>Back up lab for inclement weather</i>
#15 & 16 – Dec. 12	Final exam block (Dec 12-20)	Final exam block (Dec 12-20)	Final exam block (Dec 12-20)