

# COURSE SYLLABUS



COURSE TITLE:	<b>KIN 220 – Resistance Training and Group Exercise Instruction</b>
CLASS SECTION:	001 A and B
TERM:	2024F
COURSE CREDITS:	3
DELIVERY METHOD(S):	Lecture and Labs (in-person)

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:	Kristal Anderson
EMAIL:	<a href="mailto:andersonk@camosun.ca">andersonk@camosun.ca</a>
OFFICE:	PISE 212b
HOURS:	Mondays 1 - 215 PM and Thursdays 130 – 345 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

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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.

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

## COURSE LEARNING OUTCOMES / OBJECTIVES

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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 programs 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

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- (a) Texts: Canadian Society for Exercise Physiology- Physical Activity Training for Health (CSEP-PATH) manual (3<sup>rd</sup> edition). This is available through the Camosun College bookstore or through [csep.ca](http://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

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The course schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. Weekly schedules for each lab section can be found on the next page of this outline and on D2L.

Lectures: Section **001 A/B**- Thursdays 12:30 PM (PISE 329A).

Labs: Section **001 A** Labs Tuesdays & Thursdays (see times specified below) in PISE 223 Movement studio unless otherwise stated.

<b>Week of:</b>	<b>Lecture:</b> Thursdays, 1230-120 PM	<b>Lab 1:</b> Tuesdays, 1130-1250 PM	<b>Lab 2:</b> Thursdays, 830-950 AM
<b>#1 – Sept 2</b>	Course Overview; Intro to Resistance Training (RT)	Course/Lab Introduction	Resistance Training Coaching; Training with Resistance Machines
<b>#2 – Sept 9</b>	Intro to RT Cont'd.; Kettlebell Training	Training with Free Weights: Kettlebells	Kettlebell Training Cont'd.; <i>Fit. Trend Assignment Overview</i>
<b>#3 – Sept 16</b>	Barbell Training	Training with Free Weights: Barbells	Barbell Training Cont'd.
<b>#4 – Sept 23</b>	Flexibility Training	Training with Free Weights: Dumbbells; Training with Body Weight; Practice Coaching	<i>RT &amp; Flex. Practical Overview; Flexibility Monitoring</i>
<b>#5 – Sept 30</b>	<b>Fitness Trend Presentations (back up)</b>	Flexibility Monitoring Cont'd.; Self-Myofascial Techniques	<b>Fitness Trend Presentations (12%) CHW 234</b>
<b>#6 – Oct 7</b>	Flexibility Training cont'd.; Myofascial Techniques; <i>Feedback from Fit. Trend Presentations</i>	Functional Anatomy and Biomechanics Review; Prep for practical	CrossFit Session at CrossFit Vic City (Off campus: 501-771 Vernon Ave.)
<b>#7 – Oct 14</b>	CrossFit; HIIT	<b>Resistance and Flexibility Coaching Practical (20%)</b>	<b>Exam 1 (25%) CBA 219</b>
<b>#8 – Oct 21</b>	HIIT	<b>Resistance and Flexibility Coaching Practical (20%)</b>	<b>Resistance and Flexibility Coaching Practical (20%)</b>
<b>#9 – Oct 28</b>	Training the Core and TRX	HIIT with Holly (Off campus: Third Space Movement, 721 Kings Rd.)	Core Training and TRX
<b>#10 – Nov 4</b>	Group Exercise; <i>Group Exercise Practical Overview</i>	80's style Group Fitness (with Caleigh)	Performance Conditioning (With Kirsten)
<b>#11 – Nov 11</b>	Indoor Cycling; Yoga	TBC/Indoor cycling and TRX circuit	Group Exercise Practical Prep. Lab
<b>#12 – Nov 18</b>	Yoga cont'd.	Yoga (With Caleigh)	<b>Group Exercise Practical (20%)</b>
<b>#13 – Nov 25</b>	Aqua fitness	<b>Group Exercise Practical (20%)</b>	<b>Group Exercise Practical (20%)</b>
<b>#14 – Dec 2</b>	Course wrap-up and Review of Fitness Certifications and Designations	<b>Exam 2 (15%)</b>	Yoga; <i>Back up lab for inclement weather</i>
<b>#15 &amp; 16 – Dec 9</b>	Final exam block (Dec 9-17)	Final exam block (Dec 9-17)	Final exam block (Dec 9-17)

Lectures: Section **001 A/B**- Thursdays 12:30 PM (PISE 329A).

Labs: Section **001 B** Labs Tuesdays & Thursdays (see times specified below) in PISE 223 Movement studio unless otherwise stated..

<b>Week of:</b>	<b>Lecture:</b> Thursdays, 1230-120 PM	<b>Lab 1:</b> Tuesdays, 1-220 PM	<b>Lab 2:</b> Thursdays, 10-1120 AM
<b>#1 – Sept 2</b>	Course Overview; Intro to Resistance Training (RT)	Course/Lab Introduction	Resistance Training Coaching; Training with Resistance Machines
<b>#2 – Sept 9</b>	Intro to RT Cont'd.; Kettlebell Training	Training with Free Weights: Kettlebells	Kettlebell Training Cont'd.; <i>Fit. Trend Assignment Overview</i>
<b>#3 – Sept 16</b>	Barbell Training	Training with Free Weights: Barbells	Barbell Training Cont'd.
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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

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DESCRIPTION	WEIGHTING
Fitness Trend Presentation, scheduled in week 5	12%
Theory Exams (two at 25% and 15% each), scheduled in weeks 7 and 14	40%
Resistance Training and Flexibility Coaching Practical, scheduled in weeks 7-9	20%
Group Exercise Practical, scheduled in weeks 12-13	20%
Attendance and Participation, ongoing	8%
<b>TOTAL</b>	<b>100%</b>

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

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**Attendance:** Students are expected to attend all classes, labs, and exams. While abbreviated lecture slides and other resources are available through D2L, it is impossible to duplicate the learning that occurs through discussion and interactions in the classroom. 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.

**Missed Quizzes or Exams:** Quizzes will remain open on D2L for a set period of time and must be written by the deadline scheduled on D2L. Any quizzes scheduled face to face 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/or discussed with the instructor. If a student who is absent has not made arrangements with the instructor in advance, a zero grade will be assigned. 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.

**Late assignments:** Late assignments will not be accepted in this class. If a student expects to be absent on the day an assignment is due, arrangements must be made to hand in the assignment early or have it submitted to the D2L assignment folder by the date it is due.

**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 involved with other courses or if it is outside of work hours.

## STUDENT RESPONSIBILITY

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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

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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>
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

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### 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.