

COURSE SYLLABUS



COURSE TITLE: KIN 220 - Resistance Training and Group Exercise Instruction

CLASS SECTION: X01 A|B

TERM: 2024 Winter

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture | Lab

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>.

MANDATORY ATTENDANCE FOR FIRST CLASS MEETING OF EACH COURSE

This section of KIN 220 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](#)

INSTRUCTOR DETAILS

NAME: Steve Van Schubert

EMAIL: vanschuberts@camosun.ca

OFFICE: PISE 306

HOURS: Fridays 14:30-15:30

As your course instructor, I endeavour to provide an inclusive learning environment. 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: Dylan Harten

EMAIL: hartend@camosun.ca

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 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

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.

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.

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.

DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 1	Course Introduction Functional Anatomy Lab 1 - Functional Anatomy Lab 2 - Self Myofascial Techniques	
Week 2	Self Myofascial Techniques Flexibility Training Lab 1 - Flexibility Training Lab 2 - Flexibility Training Monitoring	
Week 3	Machine-Based Training Practical Exam 1 Overview Lab 1 - Quiz 1 Lab 2 - Machine-Based Training	Quiz 1
Week 4	Dumbbell and Kettlebell Training Lab 1 - Dumbbell and Kettlebell Training Lab 2 - Dumbbell and Kettlebell Training Monitoring	
Week 5	Barbell Training Lab 1 - Barbell Training Lab 2 - Barbell Training Monitoring	
Week 6	Resistance and Flexibility Training Lab 1 - Resistance and Flexibility Training Lab 2 - Resistance and Flexibility Training Monitoring	
Week 7	Reading Break	Reading Break
Week 8	Crossfit Practical Exam 2 Overview Lab 1 - Resistance and Flexibility Training Monitoring Practical Exam Lab 2 - Crossfit	Practical Exam
Week 9	Quiz 2 Lab 1 - Resistance and Flexibility Training Monitoring Practical Exam Lab 2 - Resistance and Flexibility Training Monitoring Practical Exam	Quiz 2 Practical Exam Practical Exam
Week 10	Suspension Training High Intensity Interval Training Lab 1 - Suspension Training Lab 2 - High Intensity Interval Training	
Week 11	Indoor Cycling Core Training Lab 1 - Indoor Cycling Lab 2 - Core Training	
Week 12	Aquatic Fitness Yoga Lab 1 - Yoga Lab 2 - Group Exercise Practical Exam	Practical Exam
Week 13	Easter Monday Lab 1 - Group Exercise Practical Exam Lab 2 - Group Exercise Practical Exam	Easter Monday Practical Exam Practical Exam
Week 14	Quiz 3 Lab 1 - Fitness Industry Certifications and Designations Lab 2 - Circuit Training	Quiz 3

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
Quizzes (3 x 20%)	60
Practical Exams (2 x 20%)	40
TOTAL	100%

COURSE GUIDELINES & EXPECTATIONS

Students will participate in activities to learn and practice a variety of practical skills. In the course of learning to perform techniques relevant to the course, students must make appropriate physical contact with other members of the class on a regular basis.

Students will maintain optimum levels of safe behaviour (personal hygiene, decontamination of personal protective equipment, use of proper body mechanics, etc.) with a minimization of potential for disease transmission.

Students must come appropriately dressed to perform the activities of the course, and to allow for hands on application of practical techniques.

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.

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](http://camosun.ca/services/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.

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.