

COURSE SYLLABUS



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

CLASS SECTION: X01 A | B

TERM: 2025 Winter

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture | Lab

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

For COVID-19 Information please visit <https://legacy.camosun.ca/covid19/index.html>

MANDATORY COMMUNICATION FOR FIRST CLASS OF EACH COURSE:

This section of KIN 220 requires mandatory correspondence for the first class of the course. If you do not attend or e-mail, and do not provide your instructor with a reasonable reason in advance, you may 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: Dylan Harten

EMAIL: hartend@camosun.ca

OFFICE: PISE 114A (PISE gym)

HOURS: Meetings 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

EQUIVALENCIES: 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 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.

Recommended:

- **Appropriate fitness attire** - capable of performing exercise without movement restriction or discomfort
- **Water Bottle** - Hydration between bouts of exercise
- **Notebook/Laptop** - Jot down reminders of high-value practical concepts to reference later
- **Mindset** - An open mind and a desire to learn

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 or DATE RANGE	Lecture Topics	Lab Topics
Week 1 (Jan 6)	Course Introduction Functional Anatomy	Lab 1 - Functional Anatomy Lab 2- Self-Myofascial Techniques
Week 2 (Jan 13)	Warmups & Cooldowns	Lab 1 - Warmups & Cooldowns Lab 2 - Warmups & Cooldowns
Week 3 (Jan 20)	Training Modalities A (Bodyweight & Bands)	Lab 1 - Training Modalities A1 Lab 2 - Training Modalities A2
Week 4 (Jan 27)	Cueing & Feedback Training Factors	Lab 1 - Cueing & Feedback Lab 2 - Progressions & Regressions
Week 5 (Feb 3)	Training Modalities B (Bars and Bells)	Lab 1 - Training Modalities B1 Lab 2 - Training Modalities B2
Week 6 (Feb 10)	Training Modalities C (TRX & Machines)	Lab 1 - Training Modalities C Lab 2 - Quiz A (Up to Week 5)
Week 7 (Feb 17)	Reading Week (No Class)	Reading Week (No Labs)
Week 8 (Feb 24)	<i>Practicals Prep & Review</i>	Lab 1 - One-on-One Practicals A Lab 2 - One-on-One Practicals B
Week 9 (Mar 3)	Group Training Principles	Lab 1 - One-on-One Practicals C Lab 2 - Performance Conditioning (Christian)
Week 10 (Mar 10)	Indoor Cycling & Core Training	Lab 1 - Cycling & Core Lab 2 - 80s Aerobics (Caleigh)
Week 11 (Mar 17)	Crossfit & HIIT	Lab 1 - Crossfit Lab 2 - HIIT (Holly - Third Space Movement)
Week 12 (Mar 24)	Aquatics & Yoga	Lab 1 - Yoga (with Caleigh) Lab 2 - <i>Practical Prep and Review</i>
Week 13 (Mar 31)	Future Applications	Lab 1 - Group Practicals A Lab 2 - Group Practicals B
Week 14 (Apr 7)	Certifications Course Wrap-up	Lab 1 - Group Practicals C Lab 2 - Quiz B (Cumulative)

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>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Quizzes (2 x 20%)	40
Practical Exams (2 x 25%)	50
Participation (20 x 0.5%)	10
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 policy for more information. https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf	TOTAL 100%

COURSE GUIDELINES & EXPECTATIONS

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.

Participation: 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 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 camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/academic-advising
Accessible Learning	camosun.ca/accessible-learning
Counselling	camosun.ca/counselling-centre
Career Services	camosun.ca/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/help-centres
Indigenous Student Support	camosun.ca/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/writing-centre-learning-skills
Library	camosun.ca/library
Office of Student Support	camosun.ca/office-student-support
Ombudsperson	camosun.ca/ombudsperson
Registration	camosun.ca/registration
Technology Support	camosun.ca/its
Writing Centre	camosun.ca/writing-centre-learning-skills

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 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 [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

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 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 Policy:

<https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: 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.