

# COURSE SYLLABUS



COURSE TITLE: KIN 255 Introduction to Adapted Sport & Physical Activity

CLASS SECTION: 001

TERM: Fall 2024

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.

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## INSTRUCTOR DETAILS

NAME: Simon Cass

EMAIL: CassS@camosun.ca

OFFICE: PISE 306I

HOURS: By appointment – I will also make an effort to be available immediately after class

*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

*Course Description:* Students will study adapted sport and physical activity for individuals living with sensory, intellectual and/or physical impairment. Students will study the social construction of disability, assumptions regarding disability, as well as the concepts of accessibility, integration, and inclusion. Students will also be introduced to strategies to adapt and modify activities to meet individual participant needs.

PREREQUISITE(S): N/A

CO-REQUISITE(S): N/A

EQUIVALENCIES: N/A

## COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Explain the importance and value of adapted sport and physical activity.
- Demonstrate the use of person first language for persons with disabilities.
- Identify barriers to participation in physical activity programming and develop strategies to promote accessibility.

- Describe the etiology of common sensory, intellectual & physical disabilities & their respective safety considerations for sport and exercise.
- Identify and describe various parasport classification systems.
- Explain the rules and game design for various parasports.
- Identify and apply basic adapted movement skills and activities in a variety of settings.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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- Lecture/Lab Notes posted to D2L
- Course readings posted to 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.

	<b>001A Lab - PISE 124</b> <i>Mondays, 8:30-10:20</i>	<b>001B Lab – PISE 124</b> <i>Tuesdays, 9:30-11:20</i>	<b>Lecture – PISE 329A</b> <i>Thursdays, 10:30-12:20</i>
<b>WEEK 1</b> Sept. 4-18	<i>No Class</i>	<i>No Class</i>	<i>Introduction – What is disability?</i>
<b>WEEK 2</b> Sept. 11-15	<i>Guided Running</i>	<i>Guided Running</i>	<i>Social Construction of Disability</i>
<b>WEEK 3</b> Sept. 18-22	<i>OFFSITE: Neuromotion &amp; MOVE Adapted Physiotherapy</i>	<i>OFFSITE: Neuromotion &amp; MOVE Adapted Physiotherapy</i>	<i>Disability Identity</i>
<b>WEEK 4</b> Sept. 25-29	<i>Facility Audit</i>	<i>Facility Audit</i>	<i>Guest Speaker: Christian Prouf, Para-Athletics S&amp;C Coach</i>
<b>WEEK 5</b> Oct. 2-6	<i>Holiday - No Class</i>	<i>Blind Soccer/Goalball</i>	<i>Physical Disabilities</i> <i>Sport Classification</i>
<b>WEEK 6</b> Oct. 9-13	<i>Wheelchair Basketball</i>	<i>Wheelchair Basketball</i>	<i>Inclusion – What is it? What are it’s barriers?</i>
<b>WEEK 7</b> Oct. 16-20	<i>Holiday - No Class</i>	<i>Wheelchair Rugby</i>	<i>Working with athletes with a disability</i> <i>Guest Speaker: Hall of Fame coach Tim Frick</i>
<b>WEEK 8</b> Oct. 23-27	<i>OFFSITE: Innovates Lab (Interurban Campus)</i>	<i>OFFSITE: Innovates Lab (Interurban Campus)</i>	<i>Guest Speaker: Carley Townsend, PT from Queen Alexandria Children’s Hospital</i>
<b>WEEK 9</b> Oct. 30-N. 3	<i>Adapted Physical Literacy</i>	<i>Adapted Physical Literacy</i>	<i>Intellectual Disabilities &amp; Special Olympics</i> <i>Guest Speaker: Kendall Alston, Special O Sr. Manager</i>
<b>WEEK 10</b> Nov. 6-10	<i>5 minute Facilitation</i>	<i>5 minute Facilitation</i>	<i>History of Paraspport &amp; Major Games</i>
<b>WEEK 11</b> Nov. 13-17	<i>Holiday - No Class</i>	<i>Sitting Volleyball</i>	<i>Sensory Disabilities</i> <i>Exercise Prescription</i>
<b>WEEK 12</b> Nov. 20-24	<i>Strength and Conditioning (PISE Weight Room)</i>	<i>Strength and Conditioning (PISE Weight Room)</i>	<i>Group Presentations</i>
<b>WEEK 13</b> N. 27 – D. 1	<i>Wheelchair Tennis</i>	<i>Wheelchair Tennis</i>	<i>Group Presentations</i>
<b>WEEK 14</b> Dec. 4-8	<i>Sledge Hockey</i>	<i>Sledge Hockey</i>	<i>Final Exam</i>

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](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams)

## EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
On-Line Assignments	30%
Learning Reflection (2.5% start of semester, 7.5% end of semester)	10%
Team Project OR Individual Volunteering Reflection	20%
Five Minute Facilitation	5%
Midterm Exam	15%
Final Exam	20%
	100%

TOTAL

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](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.  
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

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## COURSE GUIDELINES & EXPECTATIONS

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Exams: Students should avoid making prior travel, employment, or other commitments for this period. If a student is unable to write an exam through no fault of his or her own for medical or other reason, valid documentation must be provided and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

In consultation with the instructor, any student who was unable to attend a lab/practical session may be required to perform a make-up assignment or attend a make-up session. This consultation must occur within 1 week of the excused absence.

### Professional standards for students

- Students are expected to exhibit polite, mature and respectful behaviour in class (lectures, labs, seminars or practicums) and actively participate as needed.

- Students are expected to arrive for class on time. This is especially critical when there are guest speakers for the class concerned. If students are late for a valid reason they should enter by the door at the back of the classroom, if available, with materials out and ready to be used.
- Students are expected to not wear headphones or ear-buds in class. Cell phones, laptops and tablets should only be used when appropriate. If cell phones must be used or checked during class, please leave the room to do so.
- Students are expected to conduct themselves in a manner that maximizes the learning of all students. If students are distracting other members of class they will be asked to leave the classroom.
- Students are expected to dress appropriately for the class/lab concerned. You must wear clothes you are prepared to be active in during labs. If making a presentation in class, students are expected to dress as though making a presentation at an important job interview.
- Students are expected to maintain good personal hygiene standards for all classes. If students have been active immediately prior to a class/lab, they should make an attempt to shower/wash prior to attending class and/or change into clean dry clothing/shoes. Please be considerate to others and do not wear overpowering perfumes or scents.

*Exam and Assignment Scheduling Policy:* The course exams and assignments are pre-scheduled by the instructor and written or due as outlined in this course outline.

*Late Assignments/Class Absences:* I will handle late submissions on a case-by-case basis. In other words, I will hear your case but if you have a lame excuse don't expect much grace. The earlier you communicate the situation that is causing you to be absent or not submit an assignment on time, the better off you will be. I.e. If an assignment is due on Sunday night, a student who suddenly remembers on Friday night that they have a tournament that weekend is unlikely to get a break on marking.

## 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 [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>

Support Service	Website
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</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

### 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](https://camosun.ca/services/sexual-violence-support-and-education).

To contact the Office of Student Support: [oss@camosun.ca](mailto: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.