

COURSE SYLLABUS



COURSE TITLE: KIN - 335 Individual Sport and Activities

CLASS SECTION: 001A/B & 002A/B

TERM: 2024 Fall

COURSE CREDITS: 3

DELIVERY METHOD(S): Face-2-Face

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and WSÁNEĆ 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://camosun.ca/about/covid-19-updates>

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: Dr Tanis Farish

EMAIL: farisht@camosun.ca

OFFICE: PISE 212F

HOURS: 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.

INSTRUCTIONAL ASSISTANT DETAILS

NAME:

CALENDAR DESCRIPTION

Students will develop basic performance and teaching competencies in selected individual sports/activities. Students will acquire performance skills, study learning progressions and knowledge of individual performance strategies and tactics. Students will also practice instructional techniques and feedback-methods to improve performance in other learners during a variety of activities.

PREREQUISITE(S): C in KIN 115 - Must be completed prior to taking this course.

CO-REQUISITE(S): None

EXCLUSION(S): None

Additional Information

Triathlon. Labs may be delivered at local off-campus locations. Please consider travel time when timetabling with your other on-campus courses. Activities include triathlon training (swimming, cycling, running) and yoga.

COURSE LEARNING OUTCOMES / OBJECTIVES

1. Demonstrate fundamental knowledge and understanding of the technique and technical aspects of the individual sport.
2. Perform technical skills at an appropriate level and to demonstrate the skill effectively.
3. Prepare and conduct effective practice and training plans.
4. Demonstrate competence in developing and modeling learning progressions for various learning skill levels.
5. Understand, demonstrate and implement various strategies and tactics of play for the sport / activity.
6. Provide effective and constructive feedback to learners.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Assigned readings identified or provided throughout the course. Please check D2L regularly.

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.

KIN 335 001A/B Lecture: Tuesdays 10:30 – 12:20pm PISE 330/Pool/Dome

KIN 335 Labs: 001A Thursday 1:30 – 3:20pm; 001B Thursday 3:30 - 5:20pm PISE 223 (movement studio)

KIN 335 002A/B Lecture: Mondays 12:30-2:20pm PISE 329B/Pool/Dome

KIN 335 Labs: 002A Wednesdays 8:30-10:30am; 002B Wednesday 10:30am-12:30pm (movement studio)

| WEEK or DATE RANGE | ACTIVITY or TOPIC | LABS |
|---|--|--|
| Sept 3&4 | Welcome, expectations and workout | Overview to labs and fun workout |
| Sept 9-12 | L1 Intro to course, equipment, expectations, lecture L2 Triathlon lecture Facts and History Reflection/Trg plan due dates and guidelines | Bike and Run technique Brick workout – moderate steady state. |
| Sept 16-19 | L3 Triathlon training and planning – brick bike run Holly Dickinson – guest instructor 16 th & 17 th | PISE/Pool |
| Sept 23-26 | L4 Triathlon physiology posted, Long run – Beaver-Elk Lake (meet at Rowing Centre parking lot) Saskia Tri Coach – guest instructor | Run/Walk – Elk Lake Swim - Pool |
| Oct 1 - Oct 3 (*Monday Indigenous Day) | L5 Triathlon biomechanics and bike. Training Anaerobic Endurance brickwork – Hill intervals on spin bike with threshold run session. Work on – micro program, beginner tri-athlete | Bike/Run/Pool |
| Oct 7-10 | L6 Triathlon nutrition and preparation. Training: self directed bike and run (HR monitors, 70-80% or zone 2-3), mobility. Gait Analysis - AET Tanner | PISE |

| WEEK or DATE RANGE | ACTIVITY or TOPIC | LABS |
|-------------------------------------|---|----------------|
| Oct 15-17 (*Monday is Thanksgiving) | Triathlon week – pool booked Work on Tri reflection and micro-trg plan | Trg Plan Due |
| Oct 21-24 | Nico Longbody – guest instructor Final Tri assignments due | Journal – Due |
| Oct 28-31 | L8 Yoga philosophy and class structure Guest Instructor Occup Injury prevention with mobility – Hannah Flahr | Yoga |
| Nov 4-7 | L9 Asanas, mobility and cueing Katie Thacker visits PISE | Yoga |
| Nov 12-14 (*Monday Remembrance Day) | L10 Leading a class and assists Third Space studio (half class) Functional Range Conditioning | Yoga |
| Nov 18-21 | L11 Mobility and accessories (Pilates) Third Space studio (other half) Functional Range Conditioning | Mobility |
| Nov 25-28 | L12 Yoga – Student Lead (sequence, rationale and delivery) | Yoga |
| Dec 2-5 | Full yoga class/ Assignment prep | Assignment Due |

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 scan 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 |
|--|-----------|
| Training Reflection/Discussion - Anecdotal journaling of Zone 2 training sessions, learnings, and physical assessments – Due October 24th | 20 |
| 2 projects over the term (Tri Plan & Yoga Lesson Plan): 1. Triathlon Plan a Micro Cycle and considerations (20%) – small groups 2. Lesson Plan and Instruction of Yoga (20%) - Due Nov/Dec at time of teaching (pairs) | 40 |
| Skills Evaluation/Training and Participation: 1. Practical skills of triathlon basics: swimming (freestyle stroke cues), cycling, and running (10%) | 40 |

| DESCRIPTION | WEIGHTING |
|---|-----------|
| 2. Practical skills of the basic yoga poses and instruction with major cues (10%) | |
| | 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>

ASSESSMENTS

1. Reflection of training sessions, learnings, and physical assessments 20%

Over the course of the triathlon training, you are expected to reflect on the activities conducted in class, skill development, and personal performance and assessment. The outline will be discussed further in class and will contain the critical reflection, FITT, overload and progression principles.

2. Activity specific projects over the term (Plan a Tri Micro Cycle & Yoga Lesson Plan) 40%

Micro-training plan in triathlon (20%) – small groups

Lesson plan based on yoga/mobility (20%) - pairs

More details to follow on D2L.

3. Understanding & Skills Evaluation (participation) 40%

Triathlon: practical skills of triathlon basics: swimming (freestyle stroke cues), cycling safety and set up, and running technique (20%).

Yoga: practical skills of the basic yoga poses and instruction with major cues (20%).

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) a medical reason
- b) an intercollegiate trip
- c) permission of instructor prior to absence
- d) compassionate reasons

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.

Due Dates and Late Assignments

The due dates are established in accordance with the course and term duration. The purpose of the due dates is to help both you and I to get the assignments done so that they can be assessed in a timely manner. Just as you need time to complete the assignments, I need enough time to grade them. As such, the due dates are fixed (unless you have an approved academic accommodation through CAL) and it is expected that students will hand in assignments on time. Assignment marks, comments, and feedback will be returned to students in a timely manner, usually within 1-3 weeks, depending on the length of the assignment.

All assignments must be handed in by the time indicated (on the assignment, or on D2L). Late assignments may be graded but marks equivalent to 10% of the total value of the assignment will be deducted for each day, inclusive of days on the weekend, past the deadline. If assignments have already been marked and returned, a late assignment will not be accepted. Assignments will not be accepted that are late more than three days, inclusive of days over the weekend.

Exam Procedures

All exams must be written at the scheduled times with the exception of students requiring an accommodation by CAL. It is understood that emergency circumstances do occur (e.g. severe illness or family emergency); for such circumstances accommodation may be offered at the discretion of the instructor, provided the student:

- a) notifies the instructor in advance of the exam (not after), and
- b) provides documented evidence of the circumstance (e.g. medical certificate).

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.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

CAMOSUN COLLEGE COURSE SYLLABUS

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up. In most cases, an oral exam will be scheduled for the student as soon as possible.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Please note: the use of cell phones during a test or quiz is not allowed and may result in a zero for that assessment.

SCHOOL OR DEPARTMENTAL INFORMATION

ACTIVITY COURSE ATTENDANCE POLICY

The CSEE is committed to ensuring instructional effectiveness and academic success for all students. The applied nature of all of our programs requires a strong linkage between the theoretical components and the applied components, regardless of method of delivery. The single most important factor associated with skill development and competency is class attendance and structured participation. Students are expected to be at class on time, every time. Students are expected to attend EVERY class.

The Centre for Sport & Exercise Education policy for SFL 335 courses is as follows:

Students must attend a minimum of 80% of the classes to receive a passing grade in the course.

- This includes any and all excused or unexcused absences. Field Trips, Camosun Athletic sponsored trips, other sanctioned academic activities, medical / health or family related absences are all considered as an absence.
- 80% attendance equates to approximately 6 absences in the term for these courses that run two times per week for 14 weeks.
- If students attend and participate in 80% of the classes or higher there is no impact on their grade in regard to an attendance grade penalty.

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.

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- a) notifies the instructor in advance of the exam (not after), and
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Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

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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 |

| Support Service | Website |
|-------------------------------------|---|
| 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](#) (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.