

KINESIOLOGY AND PHYSICAL EDUCATION - MCGILL UNIVERSITY

EDKP 200

Instructor: Jessica Mocella	Office Hours: Monday/Thursday: 1:00-2:00 pm
E-Mail: jessica.mocella@mail.mcgill.ca	or by appointment
Section 001 Wednesday 8:05-9:55	
Section 002 Wednesday 10:05-11:55	

Learning outcomes

- Students will be able to select and integrate principles of weight training into a circuit
- Students will be able to understand how the body responds to program type
- Students will be able to create a learning situation based on the basics of weight training and programming
- Students will be able to identify posture cues for safe and effective lifting
- Students will understand and be able to apply the principles of programming
- Students will understand how to use weight training equipment safely and effectively.

MELS Competencies:

- 1) To act as a professional who is inheritor, critic and interpreter of knowledge or culture when teaching students.
- 3) To develop teaching/learning situations that are appropriate to the students concerned and the subject content with a view to developing the competencies targeted in the programs of study.
- 4) To pilot teaching/learning situations that are appropriate to the students concerned and to the subject content with a view to developing the competencies targeted in the programs of study.
- 5) **To evaluate student progress in learning the subject content and mastering the related competencies.**

Attendance: attendance is mandatory. A maximum of 2 classes may be missed. For Additional absences a doctor's note is required for any additional absences.

A medical note must be provided to instructor where the medical note must indicate the medical reason for the absence. It must also be date- and time-stamped).

Students **must** notify the instructor soon as possible via e-mail in case of absence. Students who are aware at the start of term of an absence, she or he must contact the instructor immediately to make alternate arrangements if possible. These arrangements are at the discretion of the course instructor (Jessica Mocella).

Participation: Please be ready to participate. If injured, you will be required to participate in other ways (taking notes, discussions, etc). **It is required that you bring a note book to class.** This will help you in developing your understanding of skills and it will assist in the development of your martial arts manual.

Safety: Please read the governing rules for the behaviour, attitude, and participation mark as they apply to safety.

Evaluations:

Behaviour attitude participation 10%
Safety assignment 5%
Muscle chart assignment 5%
Crossfit assignment 15% organization + 5% participation
Peer teaching 25%
Instructional video 35%

University Grading Scale

<u>Letter Grades</u>	<u>Percentages</u>
A	85-100
A-	80-84
B+	75-79
B	70-74
B-	65-69
C+	60-64
C	55-59
D	50-54
F (fail)	0-49

McGill University Policy on Academic Integrity

"McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures (see www.mcgill.ca/students/srr/honest/ for more information)". (approved by Senate on 29 January 2003). (see <http://www.mcgill.ca/integrity/> for more information).

"L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires" (pour de plus amples renseignements, veuillez consulter le site www.mcgill.ca/students/srr/honest/).

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"In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded." (approved by Senate on 21 January 2009)

** The course is on myMcGill portal. You are strongly encouraged to check for course updates and information. In fact, this will be our main communication tool outside of class. As well, you are encouraged to read and print a copy of each day's lecture prior to class (if applicable).

** To protect your privacy, the Faculty of Education will only reply to you at your official e-mail address at McGill. Please be sure that you check your McGill e-mail on a regular basis.

Caveat:

This is one of your mandatory professional courses and as such students are expected to attend every class. Every student is permitted to have two class absences without requiring a make-up assignment. However, **three unexcused absences** will result in a make-up assignment that will be 5 pages in length. It is a research-based assignment that will involve gathering additional information about a specific topic. The assignment will be evaluated as a pass or a fail. The assignments are due one week after the missed class. Failure to hand in the assignment will result in a penalty of 7% off of your final course grade. Additionally, each class missed after 4 total absences (classes) will result in a penalty of 10% subtracted from your final course grade per missed class. At the start of each class you are expected to sign the attendance sheet. **If you miss the sign in and I cannot verify your attendance it will automatically be considered a missed class.**