
**INTRO TO PRINCIPLES IN APPLIED KINESIOLOGY
EDKP 250-001**

COURSE OUTLINE, Winter 2019

- Instructor:** Celena Scheede-Bergdahl, PhD.
Email: celena.scheede@mcgill.ca
- Co-instructor:** Jason Boivin, B.Eng, CSCS
Email: jason.boivin@mcgill.ca
- Office Hours:** Please contact instructors by email to arrange for office hours.
- Class Schedule:** Mondays 10:35 to 12:25
Locale: Currie 408
- Lab Schedule:** Tuesdays 12:35 to 2:25 OR 2:35 to 4:25 (details of schedule to follow)
Locale: Currie 304

COURSE DESCRIPTION:

This course aims to provide students with a basic introduction to the field of kinesiology, with a focus on acquiring practical skills in client interview/health assessment, fundamental concepts in resistance training and basic exercise prescription for a healthy population. Emphasis will be placed on professionalism, ethics, communication, effective/appropriate client interaction and hands on skills. This is a level 1 practical skills class in **kinesiology** and is based on the CSEP-CPT manual (Canadian Society for Exercise Physiology, Certified Personal Trainer, see www.csep.ca)

COURSE OBJECTIVES:

Upon completion of this course, the student will be able to:

- Become proficient in basic client interview techniques
- Conduct a risk factor evaluation, gather basic medical history and obtain informed consent from clientele
- Understand and apply CSEP screening guidelines
- Conduct basic goal setting with clientele
- Be able to identify and problem solve potential and/or established barriers to conducting physical activity
- Acquire/practice fundamental concepts in resistance training
- Acquire/practice basic exercise prescription for healthy populations
- Become acquainted with and be able to understand and interpret exercise guidelines and current recommendations
- Become familiar with content required for CSEP certification

REQUIRED COURSE TEXT:

- CSEP-PATH manual (available at bookstore)
- Optional/Supplemental: Strength Training Anatomy, Human Kinetics publisher (at bookstore)

COURSE EVALUATION:

Case study (client interviews, strategies).....	45%
Case study (exercise prescription)	35%
In class assignment	10%
Participation (5% theory, 5% practical).....	10%

***If you miss a class, it is your responsibility to find out what you missed from your classmates before asking the course instructor. Students are expected to be ON TIME, properly dressed, prepared and be present for the duration of each class. Late assignments will NOT be accepted unless accompanied by a valid medical note.**

IMPORTANT DATES AT MCGILL:

Winter Term

- Classes begin: Monday, January 7
- Study break: from March 4-8
- Classes end: Friday, April 12
- Study Days: Weekend, April 13-14
- Exams begin: Monday, April 15
- Exams end: Tuesday, April 30 (10 days, including evening exams)

Related Important Dates are built around the Key Academic Dates and are major events that occur each academic term. These include:

- Deadline to cancel registration: Monday, December 31
- Deadline to register without penalty (new students only): Monday, January 7
- Add/Drop deadline: Tuesday, January 22
- Course or University Withdrawal with refund deadline: Tuesday, January 29
- Course or University Withdrawal with NO REFUND deadline: Tuesday, March 12

ACADEMIC STATEMENTS:

In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit written work in **English** or in **French**. This right applies to all written work that is to be graded, from one-word answers to dissertations.

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).

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: www.mcgill.ca/students/srr/honest/).

Please be aware that text-matching software may be used in this course. Item 2 of the text-matching policy states, in part:

Students shall also be informed in writing before the end of the drop/add period (consider this statement as notification) that they are free, without penalty of grade, to choose an alternative way of attesting to the authenticity of their work, if necessary. These include the following:

- a) submitting copies of multiple drafts;
- b) submitting an annotated bibliography;
- c) submitting photocopies of sources;
- d) taking an oral examination directed at issues of originality;
- e) responding in writing to a quiz or questions directed at issues of originality;
- f) providing a written report regarding the process of completing the work; other alternatives devised by the instructor, provided that they are not unduly onerous, that they are meant to attest for authenticity of the written work, and that they meet the approval of the Dean or Disciplinary Officer in the faculty in which the course is offered.

ACADEMIC EXPECTATIONS:

- **Prepare** for each class ahead of time.
- Come dressed appropriately and ready to **participate**.
- **Assume responsibility** for own professional training.
- If you do not understand something, please **ask!**
- Be **proactive** and **discuss** all concerns with course instructor as they arise.
- It will be assumed that you have **read** the textbook and are **practicing** your skills.
- Group work means all members of group contribute **equally**. This will be verified.

As the instructor of this course I endeavor to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me and the Office for Students with Disabilities, 514-398-6009.

LECTURE SCHEDULE (**subject to change)		
Week	Date	Description
1	January 7	Course outlines and class requirements
2	January 14	PATH manual Section A
3	January 21	Section A Final case studies framework to be presented
4	January 28	Guest lecture (Dr. Shane N. Sweet): Introduction to motivational interview
5	February 4	Intro to lab section (exercise prescription project to be presented) LABS START THIS WEEK
6	February 11	Section B
7	February 18	Section B
8	February 25	In class assignment (due March 11)
9	March 4	<u>READING WEEK</u>
10	March 11	Section C: training various populations
11	March 18	Section C: training various populations
12	March 25	Section C: training various populations
13	April 1	TBD
14	April 8	Workshop case studies
15	April 12	Section D: professional aspects <i>Case studies and exercise prescription project due</i>

*Students are advised to keep a copy of the course syllabus for future reference.