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

COURSE OUTLINE, Winter 2022

Instructor: Celena Scheede-Bergdahl, PhD.
Email: celena.scheede@mcgill.ca

Workshop assistant: Aaron Fellows
Email: aaron.fellows@mcgill.ca

Office Hours: By appointment only

Class Schedule: Mondays 1:35-3:25

Locale: Currie 408

Workshop Schedule: Mondays 8:35-10:25 (001), Mondays 10:35-12:25 (002), Wednesdays 2:35-4:25 (003) **Please note that workshops not every week, AS SCHEDULED**

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 through bookstore or via <https://store.csep.ca/collections/csep-path>): it is **expected** that you will have and use this text.

Optional/Supplemental text: Strength Training Anatomy, Human Kinetics publisher (also through bookstore)

COURSE EVALUATION:

Project, part 1 (client interviews, forms, strategies, goal setting)	40%
Project, part 2 (exercise prescription, recommendations)	30%
Workshop activities	25%
Participation	5%

Use of rubriks?

You will be provided with a rubric for all work in this class. I want you to know what I am expecting and for us to be on the same page. Although you have a rubric, I do expect that effort will be made to fully accomplish each of the tasks outlined.

IMPORTANT DATES AT MCGILL:

Winter Term

- **Classes begin:** Wednesday, January 5
- **Winter Reading Break:** from February 28 to March 4
- **Classes end:** Tuesday, April 12
- **Study Days:** Saturday, April 9 to Sunday, April 10; Friday, April 15 to Monday, April 18
- **Exams begin:** Wednesday, April 13
- **Exams end:** Friday, April 29 (11 days, including evening exams)

Other important dates built around the Key Academic Dates include:

- **Deadline to cancel registration:** Friday, December 31, 2021
- **Deadline to register without penalty** (new students only): Wednesday, January 5
- **Add/Drop deadline:** Tuesday, January 18
- **Course or University Withdrawal with refund deadline:** Tuesday, January 25
- **Course or University Withdrawal WITHOUT REFUND deadline:** Tuesday, March 8

LECTURE SCHEDULE (**subject to change with prior notice)		
Week	Date	Description
1	January 10 January 10/12	Course outlines and class requirements No workshops this week
2	January 17 January 17/19	What is kinesiology? Introduction to project/exercise prescription No workshops this week
3	January 24 January 24/26	Intro to physical activity and exercise/Lifestyle behavior and health No workshops this week
4	January 31 Jan 31/Feb 2	Lifestyle behavior and health/behaviour change <i>Workshop 1: what is endurance/cardiovascular training?</i>
5	February 7 February 7, 9	Behaviour change
6	February 14 February 14, 16	The importance of getting to know your client <i>Workshop 2: what is strength/resistance training?</i>
7	February 21 February 21, 23	The importance of getting to know your client/ Working with people with special considerations/children
8	February 28 Feb 28, March 1	<u>READING WEEK</u>
9	March 7 March 7, 9	Working with people with special considerations/children Workshop 3: what is flexibility training?
10	March 14 March 14, 16	Working with individuals who are overweight/obese
11	March 21 March 21, 23	Working with the older adult Workshop 4: what is balance training? Other needs?
12	March 28 March 28, 30	Working with chronic disease
13	April 4 April 4, 6	TBA Workshop 5: open
14	April 11	Last class: Professional concepts, case study/prescription due at start of class (hard copy) No workshops this week

****Subject to change**

**If you miss a workshop, it is your responsibility to find out what you missed and make up any work that occurred during class time.

*** Specifics regarding workshops TBA.

ACADEMIC EXPECTATIONS OF THIS CLASS:

- 1) Please read the textbook prior to the class. It will add to the framework of the class slides and provide you with concepts that will be expanded upon or reviewed in class.
- 2) I encourage questions in class (if you don't want to speak up, you can send an email to me and I will address your question in class).
- 3) If you have any questions or concerns, please be proactive and speak to your instructor(s).
- 4) Requests for supplemental assignments to raise grades will NOT be considered. Extensions will only be granted due to documented medical issues.
- 5) **Respectful and courteous interactions are expected at all times during this class.**

ACADEMIC STATEMENTS AT MCGILL UNIVERSITY:

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. This right applies to all written work that is to be graded, from one-word answers to dissertations. Instructor addition: French/English dictionaries will be permitted during exams (however, supplemental notes marked within the dictionary will not be tolerated, *see following statement of **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).

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 instruction, 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.

HEALTH AND SAFETY GUIDELINES:

Please note that this format for the delivery of this course is unusual and must respect the guidelines of health and safety ([General health guidelines | Coronavirus information - McGill University](#)). It is explained by our current extraordinary circumstances, and aims to allow you, as students, to complete this term with the requisite knowledge for this course, and to succeed in your assessments. I ask for everyone's collaboration and cooperation in ensuring that these guidelines are respected. On August 6, the Government of Quebec announced the government directives for the start of the Fall term, including no distancing in classrooms. Based on this announcement and our previous planning, McGill developed directives, which are detailed on the University's Coronavirus website. Please note that these condition may change at anytime following new directives from the government or the University.

DISTANCING (CONFIRMATION TBA)

The status of physical distancing is now:

- No distancing in classrooms,
- One metre in common areas, including shared research spaces, laboratories, offices, and other workplaces.
- Two metres required when eating or drinking, working out in fitness centres.

MASKS

Procedural masks **are required in all indoor spaces at McGill**, including classrooms.

However, Professor or presenters do not need to wear a mask if you are teaching and remain at least two metres away from others. When students are in class on campus, i.e., in person, they are required to wear masks.

DAILY HEALTH CHECK FORM

The daily health check form is still a requirement for all McGill staff before you come to campus. Students are strongly encouraged to assess their health using the self-assessment found in [General health guidelines | Coronavirus information - McGill University](#)

CLASSROOM VENTILATION

All centrally booked classrooms that are being used in the Winter 2022 term have been assessed to ensure ventilation follows the Government's COVID-19 guidelines.

VACCINATION

Proof of vaccination is not required for students and instructors to engage in teaching activities on our campuses.

McGill have been promoting vaccination to the members of our community, including through regular emails and a social media campaign, and will host a walk-in vaccination clinic on the downtown campus at the start of term.

Information on vaccinations (booking appointments, registering vaccines received outside of Quebec, resources) can be found on the Get Vaccinated webpage.

COPYRIGHT:

PLEASE NOTE THAT Instructor-generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can

be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

EQUITY, DIVERSITY AND INCLUSION:

Professor statement: I absolutely support equity, diversity and inclusion in the academic setting (well, actually, all settings but academic pertains here). Having said that, there is no way that I can know all of your individual experiences and backgrounds but I will try my best. If I have unintentionally offended you, please come and talk to me about it. Education is the best way to solve situations and to ensure that everyone has an opportunity for a safe space during your time at McGill and, specifically, in my classes. Open discussion is how we will improve our understanding of each other... and isn't this what university should be about? Please do not be hesitant to approach me on this topic as I feel very strongly about this. Thank you in advance for your co-operation.

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 at 514-398-6009.

Looking forward to a positive and enjoyable semester!