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

COURSE OUTLINE, Winter 2021

Instructor:	Celena Scheede-Bergdahl, PhD. Email: celena.scheede@mcgill.ca
TA:	Jade St-Pierre Email: jade.st-pierre@mail.mcgill.ca
Office Hours:	Fridays 11:00am-12:00pm (Zoom link will be provided)
Class Schedule:	Mondays 10:35 to 12:25
Locale:	via Zoom (link provided on MyCourses)
Lab Schedule:	Thursdays 8:35-10:25 OR 2:35-4:25 (details of schedule to follow)
Locale:	via Zoom (link provided on MyCourses)

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): 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:

Case study, part 1 (client interviews, strategies).....	45%
Case study, part 2 (exercise prescription, recommendations)	30%
Workshop activities	15%
Online Quizzes	10%

***You will be required to secure an individual (parent/roommate/partner/sibling/friend) that you can interview and work with for the duration of this semester. These interactions can be done safely via Zoom.**

WHAT IS THE CASE STUDY (part 1)? For this project, you will be required to act as a qualified exercise professional, according to CSEP-PATH foundations. This will include performing an intake interview (with all necessary documentation), risk assessment, behaviour modifications, goal setting and mock physical assessment (see course objectives above) on a client of your choosing. Details and rubric to follow.

WHAT IS THE CASE STUDY (part 2)? For this part of the project, you will put together a basic exercise prescription and strategy based on part 1 (same client). Details and rubric to follow.

WHAT ARE THE WORKSHOP ACTIVITIES? These will be 2 assignments that reflects the course content and will be, largely, covered in the workshops. Details and rubric to follow.

WHAT ARE THE QUIZZES? At the end of each section, a short quiz (5 to 10 short answer) will be released to you on MyCourses. You will have 2 hours to finish the quiz within a 48 hour window. The precise release and due dates will be communicated to you prior to each quiz.

LECTURE SCHEDULE (**subject to change with prior notice)		
Week	Date	Description
1	January 11 January 12	Course outlines and class requirements (finding a client) No workshops this week
2	January 18 January 19	Lifestyle behavior and health No workshops this week
3	January 25 January 26	Lifestyle behavior and health/behaviour change Workshop 1 (intro to project)
4	February 1 February 2	Behaviour change Workshop 2
5	February 8 February 9	Importance of getting to know your client Workshop 3
6	February 15 February 16	The importance of getting to know your client/ Working with people with special considerations/children Workshop 4
7	February 22 February 23	Working with people with special considerations/children Workshop 5
8	March 1 March 2	<u>READING WEEK</u>
9	March 8 March 9	Working with individuals who are overweight/obese Workshop 6
10	March 15 March 16	Working with the older adult Workshop 7
11	March 22 March 23	Working with chronic disease Workshop 8
12	March 29 March 30	Professional concepts Workshop 10
13	April 5 April 6	Easter (no class) Workshop 11
14	April 12 April 13 April 15	Open class for questions Workshop 12 Monday schedule (Class, replaces Easter) TBA, projects due at 11:59pm to EDKP250@gmail.com in one pdf document only

*Details regarding each workshop will be provided by the end of the preceding week.

***while you are not obliged to come to the workshops (ie: synchronous attendance is not mandatory), it is advantageous to attend. If you are not present, it is your responsibility to find out what was missed by checking on MyCourses prior to communicating with the professor or TA. If an activity or assignment was a part of the workshop, you must complete all work, respecting all deadlines. No late submissions will be accepted unless accompanied by a medical note. Workshop content will not be re-taught by email.**

IMPORTANT DATES AT MCGILL (Winter term)

- **Classes begin:** Thursday, January 7
- **Study break:** from March 1-5
- **Makeup Day:** Thursday, April 15 (For Monday April 5- Easter)
- **Classes end:** Friday, April 16
- **Study Days:** Saturday, April 17 and Sunday, April 18
- **Exams begin:** Monday, April 19
- **Exams end:** Friday, April 30 (10 days, including evening exams)

Note 3: On Thursday, April 15, the normal Thursday schedule of course lectures, labs and conferences will be replaced by a *Monday* schedule.

Other important dates built around the Key Academic Dates include:

- **Deadline to cancel registration:** Thursday, December 31
- **Deadline to register without penalty** (new students only): Monday, January 4
- **Add/Drop deadline:** Friday, January 22
- **Course or University Withdrawal with refund deadline:** Friday, January 29

Course or University Withdrawal WITHOUT REFUND deadline: Tuesday, March 9

ACADEMIC STATEMENTS:

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/).

EDKP 250 ONLINE:

I aim to keep this course of the same high quality as when it is taught face to face, although some variations had to occur to reflect remote delivery and access. To accommodate as many students as possible, this course will be taught by live classes (synchronous, see schedule) that will be recorded and posted on MyCourses for viewing/reviewing at your own pace and according to your own schedule (asynchronous). If you do not want to be recorded during classes, you have the choice of 1) disallowing the video option (your screen will be black but your name will appear) and using the chat option to ask your questions or 2) choosing to view the recorded class which will be made available within 24 hours of the class. If you use an alias for your Zoom screen, please email me and let me know what name you will be using and your real name. This is done for your protection as I will regularly make sure that only students that are registered for this course will have access. This will also allow me to track your participation.

As previously indicated, while workshop attendance is not compulsory, it is encouraged. The intent of the workshops is to address some of the more practical aspects of the course content, including some interactive activities, in class assignments and answering questions pertaining to your projects. Some material will also be delivered during workshop time (ie: exercise goal setting, prescription), with content posted on MyCourses.

Please see <https://www.mcgill.ca/tls/students/remote-learning-resources> for information regarding remote learning. Also, 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.

Professor office hours will work by re-occurring Zoom meetings (not recorded), which will be on a first come, first serve basis (waiting room). The link to these hours will be communicated shortly.

Academic expectations of this class:

- 1) Please read the textbook prior to the Zoom session. 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, the chat option is great).
- 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) For more information, please look to resources such as:
<https://mcgill.ca/tls/students/remote-learning-resources>
- 6) **Respectful and courteous interactions are expected at all times during this class.**

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.

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!