

**APPLIED KINESIOLOGY FOR CANCER CARE**  
**EDKP 300-006**

COURSE OUTLINE, Fall 2020

- Instructor:** Dr. Celena Scheede-Bergdahl  
Email: celena.scheede@mcgill.ca
- TA :** Vanessa Ferreira (PhD cand)  
Email : vanessa.ferreira2@mail.mcgill.ca
- Class Schedule:** Tuesdays and Thursdays 11:35-12:55
- Locale:** Via Zoom (links on MyCourses)
- Office hours:** A weekly, recurring Zoom meeting will take place on Fridays 8:30-9:30am (link to follow). If you need a private meeting, please contact the professor or your TA directly.

**COURSE DESCRIPTION:**

This course aims to provide students with an overview of the cancer care continuum, as well as the role that physical activity and exercise can play at each stage.

**COURSE OBJECTIVES:**

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

- Understand the etiology and pathophysiology of cancer
- Better able to assess and understand the needs of cancer patients at different stages of their cancer trajectory
- Appreciate the role of different service settings along the cancer trajectory
- Better understand the role of exercise and physical activity for cancer patients

**REQUIRED COURSE TEXT:**

- All readings will be posted

**COURSE EVALUATION:**

Individual project .....	50%
Cancer type review	5%: Due October 15
Current treatment/considerations	5%: Due October 15
Needs analysis	5%: Due October 15
Exercise program	15%: Due December 1
Implementation/reassessment	10%: Due December 1
Overall strategy	10%: Due December 1
Quizzes (10).....	40%
Speaker reflections .....	5%
Participation .....	5%

**What is the individual project?**

The individual project will consist of choosing (and researching) a cancer type, understanding its current treatment and specific considerations, performing a needs analysis and designing an appropriate exercise program. You will also have to specify how you will implement the program and how you will follow your patient(s) and put it into a full context (ie: psychosocial support, nutritional support, pain reduction, group meetings...). This will be worth 50% of your grade however, it will be broken down into smaller components with their own due dates (to be specified). This project is about quality and not quantity. More details will follow and a rubric will be circulated to you.

Please note that approximately half of your project will be due on October 15 (via electronic submission). Vanessa and/or I will provide feedback. For your final submission, please put the segments due on October 15 (with corrections) together with the rest of your project in a merged pdf. Instructions regarding submission will be provided.

**What are the quizzes?**

There will be 10 quizzes that will be made available each week on MyCourses. Each quiz will be from 5 to 15 questions (format will vary) and be based on the material presented during that week. The quiz must be completed by the end of the week in which it is listed (ie: Sunday at 11:59pm). If it is not completed, it will be counted as a zero.

**What is the speaker reflections?**

Speaker reflections are a brief (ie: approximately 1 page double spaced) summary of what you learned during each of the guest speaker presentations. You may refer to your impressions about what they do, their organization, what they said and how you can use the information that they presented.

**How do I grade participation?**

Participation is based on your logging into Zoom or watching the videos via MyCourses.

**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.

<b>LECTURE SCHEDULE (**subject to change with notice)</b>		
<b>Week</b>	<b>Date</b>	<b>Description</b>
1	Sept 3	Course introduction: overview of outline, schedule and evaluation procedure.
2	Sept 8, 10	What is cancer? Cancer types, pathophysiology
3	Sept 15, 17	A whole body approach to cancer, cancer wellness, the role of the community <b>September 17: guest lecture</b> <b>QUIZ 1</b>
4	Sept 22, 24	Cancer prevention, what role can exercise play? Needs assessment <b>QUIZ 2</b>
5	Sept 29, Oct 1	Diagnosis, Cancer boards From diagnosis to treatment <b>QUIZ 3</b>
6	Oct 6, 8	Treatment, the perioperative period <b>October 8: guest lecture</b> <b>QUIZ 4</b>
7	Oct 13, 15	Exercise in the pre-operative/pre-treatment period Exercise in the peri-operative/peri-treatment period <b>QUIZ 5</b>
8	Oct 20, 22	Nutrition for the cancer patient Stress and anxiety <b>QUIZ 6</b>
9	Oct 27, 29	Rehabilitation Quality of life <b>QUIZ 7</b>
10	Nov 3, 5	Survivorship Long term effects of treatment: implications for pediatric survivors <b>QUIZ 8</b>
11	Nov 10, 12	Palliative care <b>November 12: guest lecture</b> <b>QUIZ 9</b>
12	Nov 17, 19	The patient's perspective <b>November 19: guest lecture</b> <b>QUIZ 10</b>
13	Nov 24, 26	November 24: TBC November 26: TBC
14	Dec 1	December 1: open class for final questions on project <b>Projects due by December 1 at 11:59pm. Submission details to follow.</b>

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

\*Schedule is subject to change

\*Please read the Guidelines on Remote Teaching and Learning

[<https://www.mcgill.ca/tls/instructors/class-disruption/strategies/guidelines-remote>] and the above schedule. You will be notified through a 'pop-up' box in Zoom if a lecture or portion of a class is being recorded. By remaining in sessions that are recorded, you agree to the recording, and you understand that your image, voice, and name may be disclosed to classmates. You also understand

that recordings will be made available in myCourses to students registered in the course and not for public distribution.

\*I am doing my best to find speakers who will agree to be interviewed for your class. As many of them have been away for the holidays and are just returning to work, I will update as they confirm. Thank you for your patience.

### **IMPORTANT DATES AT MCGILL:**

#### ***Fall Term***

- **Classes begin:** Wednesday, September 2
- **Classes end:** Monday, December 7
- **Study Day:** Friday, December 4
- **Exams begin:** Tuesday, December 8
- **Exams end:** Tuesday, December 22 (11 days, including evening exams)  
*On Thursday, December 3, the normal Thursday schedule of course lectures, labs and conferences will be replaced by a Monday schedule to make up for Labour Day.*

Other important dates built around the Key Academic Dates include:

- **Deadline to register for at least one course** to avoid registration penalties: Friday, August 14
- **Deadline to cancel registration:** Monday, August 31
- **Add/Drop deadline:** Tuesday, September 15
- **Course or University Withdrawal with refund deadline:** Tuesday, September 22
- **Course or University Withdrawal with NO REFUND deadline:** Tuesday, October 27

### **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/](http://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/](http://www.mcgill.ca/students/srr/honest/)).

### **EDKP 300 ONLINE:**

This course has been a pleasure/challenge to put together as it is being taught for the first time in an online format during a pandemic. Due to availabilities of guest lecturers, scheduling "tweaking" may have to take place. I appreciate your patience in this matter.

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.

Professor office hours will work by re-occurring Zoom meetings (not recorded), which will be open. If you would like to discuss something of a more personal nature, please contact your me to schedule another time.

**Academic expectations of this class:**

- 1) Please read any articles or other posted materials 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 accepted.
- 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 is 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.

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.