



Instructor: Jeff Osadec
Phone: 403 990 1009
Email: jwlosade@ucalgary.ca or jeffosadec@gmail.com
Office: na
Office Hours: By Appointment

Room: ST 145 (Lab KNB 128)
Days: Tuesday/Thursday
Time: 1100 - 1150

Course Website: Blackboard

Lab 01	Katie Krenz	M 1200-1350	KNB 128
Lab 02	Christina Jablonski	M 1500-1650	KNB 128
Lab 03	Lisa Campkin	W 1200-1350	KNB 128
Lab 04	Jeff Kenzie	W 1500-1650	KNB 128
Lab 05	Lacy Bradley	Th 1530-1720	KNB 128

Course Description:

A variety of activities to experience the short-term benefits of exercise. This activity theory course provides the student with experiences in the implementation and evaluation of cardiovascular, resistance training, and flexibility programs. Preliminary fitness testing provides performance data from which the student uses to assess his or her fitness level. Over the remainder of the course, the students will learn to prescribe training programs to develop qualities related to health, fitness and performance. Lectures and text will reinforce the student's understanding of exercise prescription and evaluation.

Course Objectives:

1. Identify and analyze the physiological and health benefits of physical exercise through active participation in cardiovascular, resistance training, and flexibility programs.
2. Learn the basics of program design to develop qualities related to health, fitness and performance.
3. Recognize the importance of periodization training and the inherent variables of exercise, intensity, volume and duration.
4. Identify and critique the value of various functional components of fitness.
5. Identify and analyze the assessment techniques used for measuring a training effect.

Required Reading Materials:

Fit & Well (2nd Edition). Fahey, Insel, Roth, Wong. McGraw-Hill Ryerson

KNES 203 Lab Manual (2009). (Available on-line)

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment. Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	90.0+	4.00	Outstanding
A	86.0-89.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	82.0-85.9	3.70	
B+	78.0-81.9	3.30	
B	74.0-77.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-73.9	2.70	
C+	66.0-69.9	2.30	
C	62.0-65.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	58.0-61.9	1.70	<i>Minimum grade required if needed as a prerequisite course</i>
D+	54.0-57.9	1.30	
D	50.0-53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	0.0-49.9	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

Examinations:

Mid-Term Exam (10/25)	25%
Final Exam	30%

Lab Assignments:

Physiological Profile	10%
Cardiovascular Training and Flexibility	15%
Program Design Assignments (5 in Total- 3% Each)	15%
Resistance Training Exercise Presentation	5%

TOTAL 100%

Late Reports will be Docked 10% Per Day and there is NO lab pickup on the weekend)

Final Examination:

Final Exam To be scheduled by Registrar Office

**Additional Course
Information:**

Training Sessions / Labs

09/10 Lab sessions begin. Lab sessions run one time per week on either M,W or Th. The lab sessions will begin with fitness assessments and interpretation of the data. The subsequent labs will focus on the design and implementation of training programs related to health, fitness and performance.

Important Fitness Assessment Dates

Week of 09/10

PAR-Q and Consent Forms and assessment of back extension, height, weight, waist and hip circumference during normal lab times; meet at designated lab class room.

09/17

Leger test (VO_{2max}), during normal lecture time; meet at Jack Simpson

Week of 09/17

Musculoskeletal testing (strength, endurance, power, flexibility), during normal lab times

Physiological Testing

An informed consent will be given to you prior to all physiological testing. Its purpose is to give you the basic idea of what the physiological testing entails and what your participation will involve. The informed consent must be signed by you and witnessed before you can serve as a subject in this class.

Fitness testing is a required component of this course and therefore all students must complete a Physical Activity Readiness Questionnaire (PAR-Q). If a subsequent medical examination is required, the student will be responsible for any costs incurred.

PAR-Q

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) PRIOR to participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

Attendance

Lab participation is mandatory, only medically excused absences with verification from a physician will be accepted. Unexcused absences will be docked 5% of the total course grade to a maximum of three unexcused absences, after which, a student will receive a failing grade for the course.

In the event a student cannot participate in a scheduled laboratory activity due to an injury, he/she must attend the scheduled session and perform a modified activity. Students arriving after the start time of labs are

considered absent (unexcused).

All excused absences, including varsity/athletic team commitments/competitions, must be documented through the course instructor at the beginning of the semester. To receive an excused absence you must present this prior to or on **September 18, 2012**.

If a student cannot meet the above requirements in this semester, he/she may want to consider enrolling in this course during another term.

Course Content:

Tentative Lecture Schedule

Date	Topic	Text Chapters
09/11	Introduction; overview of course, objectives	1,2
09/13	Nomenclature, Fitness Appraisal, Pre-screening	1,2
09/18	Leger Test (Jack Simpson Gym @ 11 am)	
09/20	Skeletal Muscle Structure and Function	4
09/25	Muscle Fiber Types	4
09/27	Resistance Training	4
10/02	Resistance Training	4
10/04	Resistance Training	4
10/09	Physiological Adaptations to Training	4
10/11	Physiological Adaptations to Training	3, 9
10/16	Cardiovascular Fitness and Exercise Prescription	3, 9
10/18	Cardiovascular Fitness and Exercise Prescription	3, 9
10/23	Periodization	
10/25	Mid Term – Will cover all lectures to Cardiovascular Fitness and Exercise Prescription	
10/30	Periodization	
11/01	Flexibility and Prescription for Flexibility	5
11/06	Low Back Health	5
11/08	Body Composition	6, 8
11/15	Nutrition	7, 8
11/20	Environmental Factors on Exercise and Performance	10
11/22	Exercise and Aging	9, 13
11/27	Exercise and Aging	9, 13
11/29	Cardiovascular Health	4, 13
12/04	Program Adherence, Behavior Modification	
12/06	Review	

Tentative Overview of Lab Schedule (Locations Subject to Change)

Lab 1: Week of Sept 10	Intro, Forms, Blood Pressure	KNB 128
Lab 2: Week of Sept 17	MSK Testing	Gold Gym
Lab 3: Week of Sept 24	Test Interpretation and Goal Setting **** <i>Bring a calculator</i>	KNB 128
Lab 4: Week of Oct 1	Introduction to Resistance Training/ Resistance Training for Health	KNA17
*** Monday October 8th is a Holiday to Observe Thanksgiving *** No Labs Scheduled this week		
Lab 5: Week of Oct 15 ***Week of Oct 15	Predicted 1RM Testing Physiological Profile Assignment Due in Lab	KNA17
Lab 6: Week of Oct 22	Resistance Training for Fitness (3% Program Assignment Due)	KNA17
Lab 7: Week of Oct 29	Resistance Training for Performance (3% Program Assignment Due)	KNA17
Lab 8: Week of Nov 5	C-V Intensity / C-V Training for Health (3% Program Assignment Due)	Cycle Centre (Spin Bikes)
*** Monday Nov. 12 University Closed to observe Remembrance Day *** Tuesday Nov. 13 is a scheduled reading day No Labs Scheduled this week		
Lab 9: Week of Nov 19	C-V Training for Fitness/ Performance Note: Thursday Lab will be in Red Gym (3% Program Assignment Due)	Cycle Centre (Spin Bikes)
Lab 10: Week of Nov 26	Low Back Health and Core Training (3% Program Assignment Due)	KNA17
Lab 11: Week of Dec 3	Range of Motion and Flexibility	Multi-Purpose
***Week of Dec 3	C-V and Flexibility Assignment Due in Lab	

Supplementary Course Information

In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

**Plagiarism/Cheating/Other Academic Misconduct:
(see Calendar)**

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in exceptional circumstances only which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification prior to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca