

**FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

HH KINE 1020 6.0 – INTRODUCTION TO FITNESS AND HEALTH

<u>Term:</u>	Fall/Winter 2023-2024
<u>Lecture Location:</u>	Monday & Wednesday in Accolade East (ACE) 102, Friday in Curtis Lecture Hall (CLH) L
<u>Lab Location:</u>	Health Nursing and Environmental Studies (HNES) 018
<u>Time:</u>	Section A: 8:30 - 9:20 am, Section B: 9:30 - 10:20 am
<u>Days:</u>	Mondays, Wednesdays and some Fridays (refer to “ <i>Lecture and Lab Schedule 2023-24</i> ” on eClass for specific dates)

Course Instructors:

Course Directors and Instructors:

Dr. Andrea Josse: ajosse@yorku.ca

Dr. Jennifer Kuk: jennkuk@yorku.ca

Course Co-Instructors:

Dr. Michael Riddell: mriddell@yorku.ca

Dr. Chip Rowan: crowan@yorku.ca

Laboratory Coordinator & Course e-mail Correspondent:

Joel Prowting

ALL course-related emails are to be sent to: kine1020@gmail.com. Please refrain from emailing the instructors collectively AND individually. You may email a specific instructor if your question is specific to one instructor’s lecture content and/or you need to personally meet with that one instructor.

Course Web Page:

All information pertaining to the course, lecture notes, announcements, grades, etc. will be posted to the course’s online Learning Management System called ***eClass***.

The course site is: <https://eclass.yorku.ca/course/view.php?id=98435>

Course Materials:

- A. Lecture Notes (available on eClass)
- B. Lecture Recordings (available on eClass)
- C. Laboratory Manual (***required*** – available in York Bookstore – do NOT purchase used lab manuals as the manual is different this year)

Expanded Course Description:

An examination of the components and principles of health and fitness with particular attention to methods of evaluation and modification. Topics also include introductions to chronic disease (risk reduction and treatment), stress and mental health, nutrition, human physiology, aging, environmental health, national and global initiatives in health promotion, fitness test protocols for occupational and sports applications and certifications for fitness professionals. Through the laboratory component, students will observe, learn, and develop practical skills for administering, and interpreting a variety of health and fitness assessment procedures. Students will gain a deeper understanding of lifestyle and fitness counselling. Students will personally undergo health and

fitness assessments and/or be exposed to simulation data for interpretation of exercise tests, etc. in the laboratory sessions in a small group setting.

Course Learning Objectives:

The purpose of this course is to provide an overview of important information to assist students in developing an understanding of the main concepts in the areas of *health* and *fitness*.

The specific objectives of the course are that students will be able to:

- Demonstrate a breadth and depth of knowledge in health and fitness.
- Demonstrate knowledge of the terminology and nomenclature in health and fitness.
- Work individually or in a group to obtain and analyze fitness and health data.
- Apply practical skills for assessing fitness, health, and movement.

Course Structure:

Lectures

Lectures are in person and will be recorded barring no technical difficulties. Course notes will be available on eClass, generally prior to the lectures. However, there may be some lectures where the instructor will choose to post the notes after the lecture. Due to copyright laws, the lecture notes may be missing some pictures/figures. If you cannot access the KINE1020 eClass site, please email ukine@yorku.ca and someone will assist you.

Laboratories

Laboratories are mandatory to attend. Laboratories are in person (Room: **HNES 018**) and ****BIWEEKLY**** (i.e., you attend your IN-PERSON labs every other week in the timeslot indicated on your official timetable). Each lab is ~1 hour and 50 min in length. Each laboratory is assigned to one TA who you will work with and learn from during your laboratories. Please check your York University provided schedule/timetable for your 2-hour lab section. It will be in a 2-hr slot on a weekday (Monday to Thursday) between 8:30AM and 8:30PM. Laboratories run every other week. Odd number laboratory groups for both lecture sections A and B (i.e., 1, 3, 5, 7, 9... etc.) will meet for lab 1 the week of September 11th while even number laboratory groups for both lecture sections A and B (i.e., 2, 4, 6, 8, 10... etc.) will meet for lab 1 the week of September 18th. In total, this course has 12 labs to complete over the full year (6 in the Fall term and 6 in the Winter term). You can miss two laboratories for personal reasons, without penalty, and submit up to 1 accommodated lab assignment for an additional missed lab for ANY reason. Any accommodations beyond this, need to be approved by your TA and documentation may be required. Each laboratory is worth 2%. Your top 10 grades from the labs will be counted for a maximum of 20% of your final grade. Material from all 12 labs will be on the exams.

You must only attend your scheduled laboratory. Permission may be granted by the TA ahead of time for you to attend another lab but only under extenuating circumstances, and on a case-by-case basis. If you show up to another lab without acquiring permission from that TA first, you will be turned away. There is **NO virtual Laboratory option**. For all labs, please dress in appropriate clothing (e.g., athletic clothing and shoes, comfortable to move in clothing) and come prepared with your lab manual. We strongly encourage students to become familiar with each lab's objectives and required materials **before** the lab so they can maximize their learning during the lab.

Your eClass site will only allow you access to the lab section that you are registered for (if you do not see your lab section on your eClass, please let us know *via* the Kine 1020 email). Laboratory sessions will be led by your TA. Please keep an eye on eClass for correspondence about your particular lab section from your TA. Your TA's name and email address will be posted under the Laboratory section on the eClass web page.

Evaluations:

1. Laboratory Participation & Hand-Ins (20%):

Lab attendance is mandatory (see below) and students are expected to prepare in advance by reading the provided lab handouts before the start of their lab session. Students will be evaluated on attendance and participation. All STUDENTS MUST PARTICIPATE in their labs at their assigned timeslots. It is strongly encouraged that you attend all the labs so that you are most prepared for the exams.

Submitting your Lab Hand-Ins: You should hand in your laboratory assignment/report in lab to your TA at the end of the lab. If you need more time to complete the lab, you must hand in your assignment/report *within 24 hours* from the END of your respective laboratory *via* eClass. ALL submitted work for KINE 1020 must include your full name, student number, lab group number and TA's name.

Grading: You will be graded equally on your participation in each laboratory and the quality of the work you hand in. Together each laboratory is valued at **2% of your final grade** (1% for laboratory attendance and 1% for completed worksheet). You can miss two laboratories for personal reasons, without penalty, and submit up to 1 accommodated lab assignment for an additional missed lab unless there are extenuating circumstances. Your top 10 grades from the labs will be counted for a maximum of 20% of your final grade.

Accommodated Lab Hand-Ins: Students with *approved accommodations* for in-person attendance, can submit an accommodated lab. This entails a written summary of the lab along with the relevant completed worksheets to earn 2% for that laboratory. Approved students will receive a dataset for the case-studies from their TA so that they can complete the worksheets on their own. Unless there are extenuating circumstances, the summaries and completed worksheets must be handed in on eClass within 1 week of the completion of your normally scheduled lab. In cases where that is not possible, such as sudden and/or prolonged illness, students can discuss specific accommodations needed with their TA on a case-by-case basis.

The accommodated laboratory work will be marked as follows: Worksheet will be worth 1% and the lab summary will be worth 1% for total of 2% per lab. Summaries should be no more than 2 pages double spaced and will be graded as follows: completeness and correctness – 50%; grammar – 25%; formatting – 25%. Worksheets will be graded for correctness. These can be handwritten or typed. Please note that all work must be legible to be graded.

2. **Online Quiz (2%)*:** Students will have a short 15 min online quiz on October 27, 2023. The quiz will be on eClass and will examine the material up to October 23, 2023. Students will be required to write the exam any time between 6 am and noon, and will have 15 min to write it regardless of when they start. There will be 12 randomly selected questions that will differ between students. There will be no deferrals for the quiz. Students that have *university approved reasons* for missing the exam will be allowed to have the 2% allocated to their midterm grade. Please inform us within 1 week of the missed quiz and provide necessary documentation. The quiz will be multiple choice.
3. **Guest Lecture Reflection Write-Up (2%)*:** Students must write a 1-page (double-spaced) reflection in response to the Brain Breakfast guest lecture on January 31, 2024. For example, how has the lecture affected the way you view concussions and brain health for yourself and others? Please hand in your assignment *via* eClass using **Turnitin.com** (please see additional details re: Turnitin.com below). *The reflection is due by Friday March 8th @ 5 pm – 50% deduction if late. No excuses will be accepted (you may hand it in early, but not before Jan 31st)*. Reflections will **not** be accepted after the end of the course (April 8th, 2024) and will result in a grade of 0%.

4. **Mid-Term Exam (36%)*:** Written during the December Exam Period (date/time to be announced by the University). Includes all material covered in the **lectures** (including guest lectures) and **laboratories** from the **Fall term**. DO NOT BOOK ANY FLIGHTS UNTIL THE EXAM DATES ARE FINALIZED.
5. **Final Exam (40%)*:** Written during the April Exam Period (date/time to be announced by the University). Includes all material covered in the **lectures** (including guest lectures) and **laboratories SINCE THE MIDTERM EXAM**, plus any INFORMATION FROM THE FALL TERM THAT IS RELIED UPON FOR MATERIAL PRESENTED IN THE WINTER TERM.

*Please refer to York's academic integrity/honesty policy (<https://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/>).

PLEASE NOTE: giving the evolving situation of COVID-19, the course director reserves the right to make additional decisions about the delivery of any course or examination components. This will be communicated to you via email (through eClass), and it will be posted on eClass. Please ensure that you check eClass regularly.

Grading and Missed Exams:

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, B = 6, C+ = 5, etc.). (For a full description of York grading system see the Undergraduate Calendar - <http://2022-2023.calendars.students.yorku.ca/2022-2023/grades-and-grading-schemes>). Final course grades may be adjusted to conform to the School of Kinesiology and Health Science or Faculty of Health grade distribution profiles.

Missed Exams: Students with a valid reason for missing a course test, such as illness, compassionate grounds, etc., may **request** accommodation from a Course Director. Students must complete a *deferral form* **within 3 weeks of the exam**. If you know you will miss the exam prior to the date, the deferral form should be submitted prior to the exam (i.e., religious accommodation, scheduled surgery, athletic tournament etc. Missing an exam for a flight is not a valid reason). The deferral form is available online on the Undergraduate student Website and should be submitted with documentation, if appropriate (i.e., funeral announcement, letter from Coach for elite tournaments, etc) to kine1020@gmail.com. Students must also include their full name, lecture section and student I.D. in the email request. **The only** make-up midterm exam will be on Friday January 19, 2024 from 8:30-10:20 am. For the April exam, this make-up exam will be scheduled at least 3 weeks following the final exam. Details will only be shared with students who submit deferral forms.

Correspondence Information:

Email communication should be reserved primarily for critical issues that need to be resolved **after** reading the course outline. Emails will not be responded to on weekends. **Due to the size of the class, all emails must be directed to the Course Email Correspondent (Joel Prowting) at kine1020@gmail.com.** If needed, the emails will be forwarded to one of the course directors/instructors for reply. The course directors/instructors will be available on an as-needed basis **by appointment only** (you may certainly email the course instructor if your question relates to their course content, or you need to speak to them directly). Course directors and laboratory TAs will endeavor to respond to student questions, concerns, and requests for meetings as soon as possible and at mutually convenient times, to the best of our ability. For issues that should be vetted through the course email, please do not email multiple sources (i.e., multiple professors as well as the course email) individually and simultaneously. This will delay your response.

All emails must include your name, section and student number and should be written in a professional and courteous manner, otherwise they will not be answered. Please ensure that email messages are clear and coherent. Avoid slang, text messaging terms, acronyms, inappropriate language, emoticons, poor spelling and punctuation, and incorrect grammar. Ensure that there is a proper greeting and closing to your message.

Please note re: Student Accessibility/Academic Accommodation forms, students with university-approved academic accommodations should ensure their form is uploaded to the appropriate portals so we can access the information accordingly. If you need accommodations for your laboratory, please send a copy to your TA as well. Your TA contact information is on eClass.

Other Important Course Information:

Destination Graduation - A special combined class for KINE 1000 and KINE 1020 will be held Wednesday, September 13, 8:30-10:20 in the Tait McKenzie Gym. Team prizes for fun games will be awarded. All participants will receive a special York gift for attending. Please ensure you are wearing running/non-marking shoes to the event.

Take Care of Yourself:

We all face stressors and anxiety in our lives, both academic and otherwise. Please be kind and gentle with yourselves and others. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

<https://good2talk.ca/>

<https://counselling.students.yorku.ca/>

<https://yorkinternational.yorku.ca/>

Useful links describing computing information, resources and help for students:

<u>Student Guide to eClass</u>	https://lthelp.yorku.ca/student-guide-to-eClass
<u>Computing for Students Website</u>	https://student.computing.yorku.ca/
<u>Student Guide to eLearning at York University</u>	http://elearning-guide.apps01.yorku.ca/
<u>Learning Skills Services</u>	https://www.yorku.ca/scl/learning-skills/
<u>Zoom@YorkU User Reference Guide</u>	http://staff.computing.yorku.ca/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf
<u>Zoom@YorkU Best Practices</u>	https://staff.computing.yorku.ca/wp-content/uploads/sites/3/2020/03/Zoom@YorkU-Best-Practicesv2.pdf

Student Code of Conduct:

Students are responsible for being actively involved in the course, and for checking eClass regularly and frequently to ensure you have the latest information about the course. "I did not know because I missed class" or "I did not know because I did not check eClass" are not excuses that will be accepted under any circumstances in the course.

Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect and to refrain from actions disruptive to such a relationship. Moreover, it is the responsibility of the instructor to maintain an appropriate academic environment, and the responsibility of the student to cooperate in that endeavor. Students must conduct themselves in accordance with York University's Student

Code of Conduct. This includes all aspects of the course, including online environments. A statement of the policy and procedures involving disruptive and/or harassing behaviour by students in academic situations is available at: <https://oscr.students.yorku.ca/student-conduct>.

Student Code of Rights and Responsibilities:

This code is intended to be educative and promote accountability among students toward their peers and other members of the York community. This code identifies those behaviours that are disruptive to the educational purposes of the University, make the campus less safe, diminish the dignity of individuals and groups, and the enjoyment of their rights. It applies specifically to students because the behaviours of non-student members of the University community are held to comparable standards of account by provincial laws, University policies, and their unions' collective agreements. Information about how to address a concern or a complaint regarding a faculty or staff member can be found at: <http://oscr.students.yorku.ca/>.

Academic Integrity:

Students are expected to maintain the highest standards of academic integrity related to issues such as cheating, enabling cheating, plagiarism, authentic documentation, etc. Breaches of academic integrity of any form will not be tolerated.

The School of Kinesiology and Health Science takes academic dishonesty very seriously and will abide by York University's Senate Policy of Academic Honesty to adjudicate all cases. Students are expected to make efforts to discourage any and all (un)intentional breaches from their course work. Students are expected to complete their own work without assistance, in part or whole, on assignments and tests. Students are expected to act in accordance with the Senate Policy of Academic Honesty and are responsible for familiarizing themselves with these guidelines. Breaches of academic integrity will be handled under the disciplinary proceedings as outlined in: <http://calendars.registrar.yorku.ca/2015-2016/policies/honesty/index.htm>.

Specific use of AI in this course: students are not authorized to use text-, image-, code-, or video-generating AI tools (such as ChatGPT, GPT-3, and DALL-E) when completing the academic work in this class. Using AI tools to aid in academic work (in whole or part) that is submitted for credit constitutes one or more breaches of academic honesty (including cheating and plagiarism) under York's Senate Policy as outlined in: <https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>

Test Banks: The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course-specific test questions/answers is not permitted in the School or the Faculty of Health. Any student found to be doing this has breached the [Senate Policy on Academic Honesty](#). In particular, buying and attempting to sell banks of test questions and/or answers may be considered "Cheating in an attempt to gain an improper advantage in an academic evaluation" (article 2.1.1 from the Senate Policy) and/or "encouraging, enabling or causing others" (article 2.1.10 from the Senate Policy) to cheat.

Accessibility:

York University provides services for students with accessibility concerns (including physical, medical, learning, and psychiatric), who require accommodation related to teaching and evaluation methods/materials. It is the student's responsibility to register with Student Accessibility Services as early as possible to ensure that appropriate academic accommodation(s) can be provided with **advance notice**. You are encouraged to email a copy of your accommodation letter to your instructors as early as possible in the semester, and to schedule a time early in the term to meet with your instructor to discuss your accommodation needs. Failure to make these arrangements may jeopardize your opportunity to receive academic accommodations. Requiring

accommodation does not relieve students from following course policies. Student Accessibility Services can be accessed here: <https://accessibility.students.yorku.ca/>.

Several platforms may be used in this course (e.g., eClass, Zoom, etc.) through which students will interact with the course materials, the course director / TA, as well as with one another. Please review the syllabus and pay attention to eClass to determine how the class meets (in whole or in part), and how presentations, guest lectures and labs will be conducted. This year, most activities will be in person, unless otherwise noted/mentioned. Help sessions may be over Zoom.

Students shall note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.
- Technology requirements and FAQs for eClass can be found here - <http://www.yorku.ca/eClass/students/faq/index.html>

Other Important Resources:

Library Help: If you are having trouble with accessing any library content, please go to the York Library website and click on “Ask Us”, <https://www.library.yorku.ca/web/>.

Learning Commons: Your York home for study help and workshops, <http://learningcommons.yorku.ca/>.

Computing Help: This site has answers to many frequently asked questions, <http://student.computing.yorku.ca/>. In addition, on the right-hand side you can chat directly with someone at the help desk or submit a ticket for more detailed help if necessary.

Student Accessibility Services: If you need assistance with anything related to equity or accessibility, this is a great place to start: <https://accessibility.students.yorku.ca/>.

Calumet and Stong Colleges’ Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) aims to build the leadership skills of its Course Reps while contributing to the academic success and resourcefulness of students in core program classes.
- [Peer-Assisted Study Session \(P.A.S.S.\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are known to be historically challenging.

- [Peer Tutoring](#) offers one-on-one academic support by trained Peer Tutors.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [career exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For resources/information about our student success programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#)
- Are you receiving our weekly email (Calumet and Stong Colleges - Upcoming evens)? If not, please check your Inbox and Junk folders. If you do not find our weekly emails, then please add your 'preferred email' to your Passport York personal profile. If you need support, please contact ccscadm@yorku.ca, and request to be added to the listerv.