

School of Kinesiology

KIN 2992A Fitness Assessment and Strength Training (FAST) Summer 2026

Campus Supports




Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements

-  Stable internet connection  Laptop computer  Video Recording Device (phone)

Important Dates

Classes Begin	Classes End
May 4	June 12

Contact Information

Course Instructor	Contact Information	Office Hours
Kelli Tyndall, MSc	ktyndal3@uwo.ca	Contact for appointment

NOTE: All course information, including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description

This course is an introduction to the basic knowledge and techniques essential in designing exercise programs for beginners. Students will be expected to learn and put into practice techniques used to develop muscular strength, power, hypertrophy, speed/agility, flexibility and cardiovascular fitness.

Antirequisite(s): The former Kinesiology 2961A/B.

Prerequisite(s): Completion of the first year Kinesiology program and registration in the School of Kinesiology**.

***This prerequisite is waived for the Spring semester.*

*Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course, and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites. **NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.***

Delivery Mode: **Blended, ~5hr/week**

Component	Date(s) and Time
Lectures Virtual Asynchronous (~2hr/week)	2 videos per week; released on Mondays
Labs In-person (~3 hours/week) Thames Hall Room 2100	Lab 002: Tu 6:00 pm – 9:00 pm Lab 003: W 6:00 pm – 9:00 pm

My Course Description

This is an activity-centred movement course. It is an introduction to the foundation of knowledge essential in designing individualized strength and conditioning programs. The primary theoretical focus of the course is understanding how muscle adapts and how those different adaptations can be stimulated by manipulating key parameters for targeted exercise prescriptions. In addition to exercise prescription theory, students will participate in scenario-based hands-on practical laboratory experiences, where they will learn and demonstrate competencies related to safely and effectively coaching (and spotting) exercisers through the primary movement patterns. Students will be assessed on both the theoretical knowledge underpinning exercise prescription and on practical skills related to developing, communicating, and coaching comprehensive exercise programs.

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Communicate the Canadian 24-h Movement Guidelines and apply them to provide health-centred exercise prescriptions.
2. Conduct a thorough client history and evaluate a client's readiness to participate in exercise through the collection of subjective and objective fitness assessment protocols.
3. Evaluate fitness assessment data to inform individualized exercise programming.
4. Instruct proper technique for resistance training primary movement patterns, and demonstrate effective spotting and coaching during training sessions.
5. Describe the basic function of muscle related to muscle strength, endurance, power, and flexibility.
6. Describe the adaptive pathways for muscle from stimulatory factors to key proteins, to muscle synthesis and adaptation.
7. Explain the importance of the key training principles of overload, progression, specificity, and individualization.
8. Design comprehensive exercise programs (including the components of an exercise prescription and key parameters) that target a range of goals, including strength, hypertrophy, endurance, power, flexibility, and aerobic conditioning.
9. Communicate evidence-informed exercise training principles in clear, non-technical language to a "lay" audience/client.
10. Summarize, apply, and communicate the role of ergogenic aids, periodization, and other novel concepts in the fitness industry.

Course Content and Schedule

**This schedule is subject to change.*

Week	Dates	Lecture 1	Lecture 2	Lab Topic
1	May 4-8	Intro & 24-hour Movement Guidelines	Primary Movement Patterns – Spotting and Safety	Client Consultations Movement Patterns – Technique & Spotting
2	May 11-15	Components of Fitness & Fitness Assessment	Principles of Training	Fitness Assessments for Health and Performance
3	May 18-22	Muscle Physiology	Muscle Adaptation	Movement Patterns – Variations & Cues Prescription 1
4	May 25-29	Resistance Exercise Prescription – <u>I</u>	Resistance Exercise Prescription – <u>F</u> <u>TT</u>	Prescription 2
5	Jun 1-5	Periodization	Aerobic Exercise Prescription	Prescription 3
6	Jun 8-12	Flexibility Training Prescription	Ergogenic Aids & Fitness Fads	OSPE – Coaching Evaluations

Course Details

Attendance: This is a movement course. The laboratories within this course are designed to provide students with the opportunity to apply concepts discussed in lecture. It is important that all students in this course observe, analyze, and take part in in-lab activities in real time. There are five in-person labs in this term, and students are expected to attend and fully participate in all labs.

Students must attend a minimum number of in-person labs to pass the course (4 of 5). If a student misses a lab for extenuating medical or compassionate circumstances, they can request academic consideration by completing a request via the Student Absence Portal. Otherwise, a grade of zero will be awarded for that weekly laboratory assignment.

As this is a movement course, completion of weekly labs is fundamental for the achievement of the course learning outcomes. **Students who miss more than one lab with or without appropriate academic consideration or accommodation will be debarred from writing the final exam and will receive an F for this course.**

Due to a strict maximum number of students in each laboratory section, students are not permitted to attend alternate lab sections. There are no make-up labs, nor is it possible to reschedule a lab. **Students must attend the lab section that they are registered for.**

Laboratory Preparation: You should expect to do physical activity/exercise in labs. You are welcome to wear what you feel most comfortable doing physical activity in (shorts or gym pants/leggings, t-shirts, or any clothing that you feel comfortable being active/moving in), as long as you can be physically active. Please also **wear indoor running/gym/cross-training/tennis/athletic shoes.**

If you wish to change before class, please arrive early and use the single-person changeroom located across the hall from TH 2100 or use any of the stalls in the gender-neutral washrooms located throughout Thames Hall.

Outdoor shoes and bags will not be allowed in the lab space. Bring a lock to secure your belongings in one of the lockers located in the hallway beside TH 2100. Note: To allow all students to access these lockers during labs, the contents must be removed at the end of each lab. There is no food or drink in the lab.

Course Conduct: Students are expected to review all lectures before their lab and are expected to attend all labs. Students are expected to be prepared and on time for their scheduled lab, and to demonstrate effortful engagement and professional and collaborative conduct. At all times, I expect students and instructors to be respectful and supportive of each other.

Lab work is completed with a partner or group. It is critical that students attend the first lab when partnerships/groups are formed. Follow up quickly with the instructor if you are enrolled in the course late. Students are expected to contribute equally to their partner/group work. For all absences, students are expected to connect with peers to gather any missed content and continue to contribute to their partner/group work.

Etiquette

If you have a preferred name or pronoun(s) that you would like to be addressed by, please let me (the instructor) know. If your name is mispronounced or if you are mistakenly addressed by a title or pronoun(s) that you do not prefer, please kindly offer a correction. I wish to foster a respectful learning space where all students feel welcome and comfortable to ask questions, share ideas, and express diverse perspectives. I expect students and instructors to be respectful and supportive of each other at all times.

Tips to Succeed in this Course

1. Review this course outline!
2. Stay current with all announcements posted.
3. Engage with and complete all online content (such as lectures) **before** your lab. Stay up to date on this.
4. Prepare in advance for your labs by completing any pre-lab tasks.
5. Attend and participate in labs. These are meant to be collaborative, so the more you work with your lab mates, the better the learning experience! Apply the content you learned from the lectures.
6. Read over the assignment documents thoroughly. These contain all the important information you need to know to succeed. Review these documents as soon as they are posted and ask questions early!
7. Put assignment due dates into your calendar now. Know what needs to be done, when it needs to be submitted, and *what* needs to be submitted.
8. Ask questions early and often!
9. **Make friends, work together, and have fun!**

Required Course Material

There is no textbook for the course.

Assessments and Evaluation

Due dates are provided below and will be communicated on OWL Brightspace. Assigned work, including formal assignments and lab work documentation, is due as communicated below and in OWL Brightspace. Assignments are due before the date and time listed.

You are expected to submit assignments by the deadline listed. Should extenuating circumstances arise, you are permitted to submit your assignments up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. Students submitting their assessments **beyond the extended deadline of 72 hours** will receive a grade of **zero**. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor. Assignments will not be accepted after class feedback/grades have been released.

Assessment	Weight	Due Date
Weekly Laboratory Assignments	10%	Ongoing In-laboratory
Science Communication Assignment	20%	May 22 at 11:55 pm
AI Program Design Assignment	25%	June 12 at 11:55 pm
Objective Standardized Practical Evaluation (OSPE)	15%	In-lab week of June 8-12
Final Exam	30%	Scheduled by Registrar

Laboratory Assignments (10%): Each week, students will complete a weekly assignment or task, either in-lab or in preparation for the lab. These formative assignments will be evaluated by the instructor, and students will receive feedback that they can incorporate into the course assignments. Missed assignments (labs) with approved considerations will be re-weighted to the other weeks' assignments (labs).

Science Communication Assignment (20%): Students will work in pairs (2 students, from the same lab section) to develop social media–style “fitness influencer” videos that highlight a hot topic in strength training. The videos are intended for a general audience, so although they are expected to reflect the science of the principle, students will be assessed on their ability to communicate in an accessible way to a broad audience.

AI Program Design Assignment (25%): Students will work in pairs (2 students, from the same lab section) will instruct artificial intelligence (AI; ChatGPT) to design a resistance training program for a mock client of their design. Students will develop an AI “prompt” that specifies key criteria for the prescription (goals of the client, limitations, equipment, etc.) and will then provide a critical appraisal of the AI’s exercise prescription based on evidence-informed principles discussed over the course of the semester in lectures.

Objective Standardized Practical Evaluation (15%): Students will be evaluated on their ability to monitor and coach a mock client through the primary movement patterns. Students will be evaluated during the last week of labs in the term (week of June 8-12). **The in-person OSPE is the designated assessment*, meaning you cannot use an undocumented absence if you require consideration.**

**Designated Assessment: This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, you must provide documentation for any absence from this evaluation. If you miss this evaluation, you must complete a makeup assessment, which will be scheduled by the instructor. Students approved to miss the makeup will have the weight of this assessment transferred to the final exam. Students must not provide medical or compassionate documentation to the instructor.*

Final Exam (30%): The in-person final exam will be a combination of multiple-choice and short/long answer questions. The exam will be cumulative. Students must provide documentation for any absence from this evaluation through the academic consideration portal. Students who miss the final examination with documentation and approved academic considerations must write a make-up examination (to be scheduled). A grade of zero will be assigned for a missed final examination without approved academic considerations supported with documentation. Academic considerations are also required if you miss the make-up examination – those who do not write it will have to complete it in a future offering of the course. Without approved considerations, students will receive a zero on the make-up final exam.

Note: You cannot use undocumented absences for final exams.

General information about assessments

- All assignments are due prior to 11:55 pm EST unless otherwise specified
- Students are responsible for ensuring that the correct file version is uploaded; incorrect submissions, including corrupt files, or assignments submitted to the incorrect Dropbox, could be subject to late penalties (see below) or a 0.
- Group projects are expected to be a group effort. This means that all students in the group will receive the same grade. It also means that all students will receive the same penalty if any portion of the project is determined to be plagiarized.
- After an assessment is returned, you should wait 24 hours to digest feedback before contacting your evaluator; to ensure a timely response, reach out within 7 days.

- ✓ Requests for regrading must include a written explanation and evidence showing how the work meets the assignment criteria or rubric. Requests without a clear justification will not be considered.
- ✓ Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

Rounding of Grades (for example, bumping a 79 to 80%)

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level or ‘giving away’ of marks. Please don’t ask me to do this for you; the response will be “please review the course outline where this is presented”.

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding coursework. Students may request permission from Academic Advising to carry a full course load for the term in which the incomplete coursework is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn’t have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred, as outlined in the [Types of Examinations](#) policy.

Academic Policies and Statements

Support Services

There are various support services around campus, and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term **without**

supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed coursework.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the

reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

For group assignments, all members share responsibility for academic integrity. Plan your work so the group has time to review the full submission and ensure all sources are appropriately used and cited. In the absence of a scholastic offence, everyone gets the same mark, so work with the rest of your group in a proactive fashion.

Use of Artificial Intelligence (AI) for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., “ChatGPT”) in ways that are authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work. Please contact the course instructor directly if you have any questions.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific questions regarding an accommodation or review [the policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g., a separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual’s official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glasses, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence**

penalty for possession of a prohibited device is zero on the test or exam.

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offences may be subject to disciplinary measures under the Code of Student Conduct.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.