

# Western HealthSciences

## School of Kinesiology

### KIN 2230A Introduction to Exercise Physiology

#### 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.

#### Important Dates

| Classes Begin | Reading Week  | Classes End | Study day(s) | Exam Period    |
|---------------|---------------|-------------|--------------|----------------|
| September 9   | October 10-18 | December 9  | December 10  | December 11-22 |

November 30, 2026: Last day to withdraw from a first-term half course without academic penalty

#### Contact Information

| Course Coordinator/instructor | Contact Information                                                          | Office Hours                                  |
|-------------------------------|------------------------------------------------------------------------------|-----------------------------------------------|
| Laura Fitzgibbon-Collins      | <a href="mailto:LFitzgib@uwo.ca">LFitzgib@uwo.ca</a><br>519-661-2111 x 88364 | By appointment<br>Thames Hall Room 4168       |
| Michael Herbert               | <a href="mailto:MHerber5@uwo.ca">MHerber5@uwo.ca</a><br>519-661-2111 x 88675 | Will be posted in the<br>Brightspace Calendar |

Table 1: Teaching assistants' information

| Teaching Assistant(s) | Contact Information | Office Hours | Who to email |
|-----------------------|---------------------|--------------|--------------|
|                       |                     |              |              |
|                       |                     |              |              |

**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 (including prerequisites/anti-requisites):**

The physiological basis of muscular exercise and training. The course will examine metabolic, cardiorespiratory and muscular adaptations to acute and chronic exercise.

**Prerequisites:** Grade 12U Biology or equivalent, and [Physiology 1021](#) or equivalent with a minimum grade of 60%.

**Extra Information:** 3 lecture hours, 3 laboratory hours biweekly.

*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**

| Component                                     | Date(s)                   | Location    | Time                                                   |
|-----------------------------------------------|---------------------------|-------------|--------------------------------------------------------|
| Lecture: in-person, not recorded, synchronous | Tuesdays                  | SEB 1059    | 12:30-2:30                                             |
| Lecture: online, recorded, asynchronous       | Thursdays                 | Brightspace |                                                        |
| Laboratory                                    | Tuesdays: 1 every 2 weeks | TH-3103     | 8:30-10:30,<br>10:30-12:30,<br>2:30-4:30,<br>4:30-6:30 |

## **LAND ACKNOWLEDGEMENT**

*As a settler, I recognize and acknowledge the colonial oppression, injustice, and inequality that took place, and continues to take place, on the lands I live. This oppression is responsible for transgenerational trauma which continues to impact the social, spiritual, economic, cultural, health, and well-being (physical and mental) of Indigenous People's lives. I live on the traditional territories of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lūnaapéewak (Len-ahpay- wuk) and Chonnonton (Chun-ongk-ton) Nations, which is lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum, an agreement to peaceably share and care for the Great Lakes region. This land is now home to many First Nation, Inuit and Métis communities. As a beneficiary of this land, I continually act to dismantle colonialism and begin to foster an effective and healthy relationship with my community in an effort to begin to repair the damage caused by colonization. To learn more about truth and (re)conciliation see the [Calls to Actions](#) from the Truth and Reconciliation Commission of Canada, and to learn more about the significance of territory and land acknowledgements [here](#) and in this video [here](#).*

## **Course Description**

Dynamic exercise imposes a *demand* for energy that is proportional to both the force and rate at which the muscle contracts. To match energy *supply* to energy *demand*, the body relies on coordinated adjustments of the neural, respiratory, cardiovascular, hormonal, and muscle metabolic systems. Each of these systems is amenable to adaptation through chronic exercise (training) or disease (deconditioning) and it is the capacity and cooperation of these physiological systems that determine performance. This course will introduce this “energy demand versus energy supply” relationship with specific reference to how energy supply is maintained (or not) at various demands (intensities and durations).

## **Learning Outcomes**

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

1. Explain how muscle contracts at the cellular and whole-body levels.
2. Demonstrate a working knowledge of: a) how energy is stored and utilized in muscle; and b) how the metabolic systems match energy supply to exercise energy demand.
3. Describe in detail the physiological systems connecting the atmosphere to the muscle mitochondria and their independent and integrative roles in oxygen supply and carbon dioxide removal during exercise.
4. Describe the basics of how breathing and blood flow are regulated with changes in exercise demand and how both may be challenged during near-maximal exercise.
5. Define exercise intensity based on “intensity domains” and describe/identify the unique physiological response profiles of and implications for exercise within each intensity domain.
6. List the common anatomical and functional adaptations to exercise training and explain specifically how they improve exercise performance or capacity.
7. Collect, analyze, and interpret exercise test data

## **Course Content and Schedule**

*Table 2: Course content and schedule*

Each week there will be ~2.5 hours of lecture. The first ~1.5 hours will be delivered **in-person** on Tuesdays between 12:30 and 2:30 pm in room **SEB-1059** (i.e., synchronous). The additional ~1 hour will be posted **online** on Thursday mornings (i.e., asynchronous).

The following is a tentative schedule of content. Topics and the specific weeks on which they are delivered may change.

| Week | Dates         | Topics                                                                                                            |
|------|---------------|-------------------------------------------------------------------------------------------------------------------|
| 0    |               | Introduction to exercise physiology (posted to Brightspace)                                                       |
| 1    | Thurs Sept 10 | Bioenergetics and muscle metabolism – in the cytosol<br>Bioenergetics and muscle metabolism – in the mitochondria |
| 2    | Tue Sept 15   | Skeletal muscle and human movement I                                                                              |
|      | Thurs Sept 17 | Skeletal muscle and human movement II                                                                             |
| 3    | Tue Sept 22   | Bioenergetics of muscle metabolism – substrate utilization                                                        |

| Week | Dates         | Topics                                         |
|------|---------------|------------------------------------------------|
|      | Thurs Sept 24 | Energy – expenditure and measurement           |
| 4    | Tues Sept 29  | Maximal oxygen uptake                          |
|      | Thurs Oct 1   | Exercise intensity                             |
| 5    | Tues Oct 6    | <b>REVIEW FOR MIDTERM</b>                      |
|      | Thurs Oct 8   | Hormonal control during exercise               |
| 6    | Oct 10-18     | <b>READING WEEK</b>                            |
| 7    | Tues Oct 20   | <b>MIDTERM</b>                                 |
|      | Thurs Oct 22  | Pulmonary ventilation and gas diffusion        |
| 8    | Tues Oct 27   | Gas exchange and transport within blood        |
|      | Thurs Oct 29  | Control of breathing during exercise           |
| 9    | Tues Nov 3    | Exercise thresholds                            |
|      | Thurs Nov 5   | The heart and circulation - systemic           |
| 10   | Tues Nov 10   | The heart and circulation - peripheral         |
|      | Thurs Nov 12  | Muscle diffusion                               |
| 11   | Tues Nov 17   | Venous return and the pulmonary circulation    |
|      | Thurs Nov 19  | Cardiovascular control during exercise         |
| 12   | Tues Nov 24   | What limits $\dot{V}O_{2\max}$ ?               |
|      | Thurs Nov 26  | Physiological adaptations to exercise training |
| 13   | Tues Dec 1    | <b>REVIEW FOR FINAL EXAM</b>                   |

**\*Note: This is a tentative list of topics. Timing, order and/or topics may change.**

Each lab runs for 2 weeks. You attend one lab every two weeks. Lab section numbers correspond to whether it is scheduled in week one or two: Week 1 sections 002, 004, 006, 008; Week 2 sections 003, 005, 007, 009 and 011. All sections in Week 1 are classified as “Group 1” and all sections in week 2 are classified as “Group 2”.

Appropriate attire (gym wear) is required for all labs. Please come to each lab prepared to exercise. Data collected in your lab will be needed to complete each of the lab assignments.

Labs begin the week of September 14.

Lab attendance will be taken. **If you do not attend a lab**, you will automatically receive a grade of “zero” on the lab quiz component for that lab.

| Lab | Date                                           | Lab Topic                              |
|-----|------------------------------------------------|----------------------------------------|
| 1   | Group 1: September 15<br>Group 2: September 22 | Muscle force-velocity relationship     |
| 2   | Group 1: September 29<br>Group 2: October 6    | Critical power                         |
| 3   | Group 1: October 27<br>Group 2: November 3     | Introduction to measuring gas exchange |
| 4   | Group 1: November 10<br>Group 2: November 17   | Muscle oxygen delivery and utilization |

**Required Course Material/Text:**

There is no required textbook for this course. Any required readings will be posted on Brightspace.

## **Assessments and Evaluation**

Below is the evaluation breakdown for the course. Any deviations will be communicated.

| <b>Assessment</b>                                      | <b>Format</b>                                        | <b>Weight</b>         | <b>Due Date</b>                                                                                                                                                                           | <b>Flexibility</b>                     | <b>Learning Outcome</b> |
|--------------------------------------------------------|------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|-------------------------|
| Online Lab Tutorial Quizzes (Brightspace) <sup>1</sup> | Multiple choice                                      | 4%                    | Lab 1 – between September 9 and 14<br><br>Lab 2 – between September 23 and September 28<br><br>Lab 3 – between October 21 and October 26<br><br>Lab 4 – between November 4 and November 9 | N/A                                    | All                     |
| Lab Assignments (Brightspace) <sup>2</sup>             | Analysis and interpretation of data collected in Lab | 8% each, totaling 32% | Lab 1 – October 2<br><br>Lab 2 – October 9<br><br>Lab 3 – November 13<br><br>Lab 4 – November 27                                                                                          | N/A                                    | All                     |
| Midterm                                                | Mixed format<br>In-class<br>On paper                 | 30%                   | Oct 20 <sup>th</sup>                                                                                                                                                                      | Not applicable - Designated Assessment | All                     |
| Cumulative Final Exam <sup>7</sup>                     | Mixed format                                         | 34%                   | Registrar                                                                                                                                                                                 | Not applicable                         | All                     |

Notes:

1. This course has **4 online lab tutorial quizzes**, delivered by Brightspace. Each quiz is worth 1% for a total of 4%. If a student has approved academic consideration requests, the weight of the missed lab quiz will be distributed to the completed quizzes. If you miss without approval, the grade will be zero. If all missed with approval, the weight shifts to the final exam.
2. All **Lab Assignments** will be released at 7 pm, on Brightspace, after the last section of Group 2 has completed their lab (i.e., group 009). Students with approved academic consideration can submit the assignment within 48 hours of the consideration time elapsing (e.g. If the consideration ends February 20 at 11:59 pm, the assignment must be submitted by February 22 at 11:55). Students using an undocumented absence must submit the assignment within 48 hours of the due date. Submitting a late assignment without appropriate documentation will result in a zero (0) grade.
3. The laboratory component is critical for meeting the learning objectives for the course.

Therefore, students must attend and complete at least 3 labs to pass the course. There are no make-ups or rescheduling of labs. It is the student's responsibility to get caught up on the material they missed. You must attend the entire laboratory session to receive credit for the assignment mark. A missed lab, without appropriate documentation will result in a zero (0) grade on the associated lab assignment. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness, or death) or similar circumstances. If a student misses more than 3 labs (with or without academic considerations), that student will be debarred from the final exam and receive an 'F' (fail) in the course.

4. The **Mid-term Exam** will cover all course material up to and including Oct 8<sup>th</sup>. This is a **designated assessment** considered central to the assessment of learning outcomes in this course. Accordingly, students must provide documentation for any absence from this evaluation. If you miss this evaluation, you must complete the makeup assessment as scheduled by the course instructor, which will be at least 7 days after the midterm. The date, time and location of this makeup exam will be communicated on Brightspace. The makeup assessment is an extension of the Mid-term Exam, and so you will need to present documentation for this assessment, should you need to miss it. Please note that there is only one makeup assessment for this Mid-term. 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. Students who miss the mid-term and make-up without approved academic considerations will receive a grade of zero. Makeup tests and examinations may not be offered in the same format as the original exam. For example, the exam may shift from a multiple choice to an essay style examination.
5. The **Final Exam** will cover all course material. This exam will consist of mixed format questions (e.g. multiple-choice questions, short answer). This assessment is considered central to the assessment of learning outcomes in this course. Accordingly, students must provide documentation for any absence from this evaluation. You cannot use undocumented absences for final exams. If you miss this evaluation, you must complete the makeup assessment. The makeup for the final exam will be held in January. The date, time, and location of this Special Exam will be posted to Brightspace in December.

### General information about assessments

- ☒ All assignments are due at 23:59 EST unless otherwise specified
- ☒ Students are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0
- ☒ After an assessment is returned, students should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days
- ☒ Prior to the filing of a written request for relief, students must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If the student is dissatisfied with the decision of the instructor or does 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                                 |

| Letter grade | Number grade | Description |
|--------------|--------------|-------------|
| 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 course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work 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 [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](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 course work.

### **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](http://www.turnitin.com)).

### **Use of Artificial Intelligence for the Completion of Course Work**

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

### **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 question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. 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 glass, 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 offenses 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.