

# Western HealthSciences

## School of Kinesiology KIN3495B – Practical Aspects of Strength and Conditioning FW26

### 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

 Calculator

### 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

September 30, 2026, is National Day for Truth and Reconciliation and is a non-instructional day  
November 30, 2026: Last day to withdraw from a first-term half course without academic penalty

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
January 4	February 13-21	April 9	April 10-11	April 12-30

March 30, 2027: Last day to withdraw from a half course without academic penalty

### Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Michael Herbert	<a href="mailto:mherber5@uwo.ca">mherber5@uwo.ca</a> 519-661-2111 x88675	TH4189 – Will be posted in the Brightspace calendar

Teaching Assistant(s)	Contact Information	Office Hours

**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 purpose of this course is to provide students with the knowledge of conduction/interpretation of assessment results, various coaching techniques, and evidence-based programming. Students who participate will be required to observe and participate in three training sessions with the Strength and Conditioning coaches responsible for training Western University varsity teams.

**Prerequisite(s):** Kinesiology 2230A/B, Kinesiology 2992A/B/Y each with a minimum grade of 60% and proof of recent certification in First Aid and CPR.

**Extra Information:** 4 lecture/lab hours.

### **Statement on Prerequisite Checking**

*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: in-person**

Component	Date(s) and Time	Room
Lecture	Thursday, 2:30 - 4:30 pm	
Lab	002 – Monday 8:30 am to 11:30 am 003 – Monday 1:30 pm to 4:30 pm 004 – Wednesday 8:30 am to 11:30 am 005 – Wednesday 1:30 pm to 4:30 pm 006 – Thursday 11:30 am to 2:30 pm	

### **My Course Description**

The purpose of this course is to provide students with knowledge of conduction and interpretation of assessment results and evidence-based programming in high performance sport. Students who participate in this course will be required to; participate actively in ALL laboratory activities and observe and participate in 2 training sessions with the Strength and Conditioning coaches responsible for training Western University varsity teams.

Lectures will explore;

- Exercise prescription parameters for a multitude of performance variables
- A general analysis of physiological processes that effect high performance
- Analysis/interpretation of assessment data and how to apply that information to a training program.
- Introduction to periodization in high performance sport
- Certain lectures will be used as lab tutorial for the subsequent week.
- Western University strength and conditioning coaches will provide guest lectures throughout the term

Labs will explore;

- a variety of fitness assessments utilized in high performance settings, analysis/interpretation of assessment data and how to apply that information to a training program.

## **Learning Outcomes**

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

1. Understand the implication of movement patterns in high performance sport.
2. Determine appropriate assessment protocols based on sport, position, equipment availability and training setting (team or individual).
3. Appropriately perform a variety of fitness assessment protocols
4. Collect, interpret, and implement data from assessment protocols into a variety of training programs.
5. Perform general needs analyses for sport and specific positions within sport.
6. Learn to create a training plan for athletes
7. Evaluate the scientific evidence regarding certain topics relevant to the course content.
8. Observe training implemented by the 4<sup>th</sup> year practicum students and Strength and Conditioning Students.
9. Able to use/perform basic functions in Excel

## **Course Content and Schedule**

\*\*Topics and schedule subject to change

<b>Week</b>	<b>Dates</b>	<b>Topic</b>	<b>Study material</b>	<b>Evaluations</b>
1	Jan 7	Introduction and Review of Terms and Needs Analysis	Notes on Brightspace	N/A
2	Jan 14	Review of Terms and Needs Analysis	Notes on Brightspace	N/A
3	Jan 21	Assessment in High Performance	Notes on Brightspace	N/A
4	Jan 28	Formulating Testing Batteries for Athlete Evaluation	Notes on Brightspace	N/A
5	Feb 4	Midterm	Notes on Brightspace	Midterm
6	Feb 11	No Lecture – Midterm Make Up Exam		Practical Exams
7	Feb 18	Reading Week		N/A
8	Feb 25	Interpreting Testing and Utilizing Assessment Data	Notes on Brightspace	Needs Analysis (Feb. 26 <sup>th</sup> )  Varsity Training Log (Feb. 26 <sup>th</sup> )
9	Mar 4	Periodization	Notes on Brightspace	N/A
10	Mar 11	Guest Lecture		N/A
11	Mar 18	Periodization and Programming	Notes on Brightspace	N/A

Week	Dates	Topic	Study material	Evaluations
12	Mar 25	Programming	Notes on Brightspace	N/A
13	April 1	Load Monitoring	Notes on Brightspace	Personal Fitness Analysis (April 2 <sup>nd</sup> )
14	April 8	Entrepreneurship in S&C and Final Exam Review	Notes on Brightspace	Practical Exams Training Plan (April 9 <sup>th</sup> )

### Course Materials

All required readings will be posted on Brightspace.

### Assessments and Evaluation

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

Assessment	Format	Weight	Due Date	Flexibility	Learning Outcome
Midterm Exam <sup>1</sup>	In person, during class	20%	February 4	<b>None</b> – See “ <i>Missed Midterm/Practical/Final Exam Policy</i> ”	1, 2 4, and 7
Final Exam <sup>2</sup>	Mixed Format	30%	During final exam period		1, 2 4, and 7
Practical Exam 1 <sup>1</sup>	In person	12.5%	Week of February 8		3
Practical Exam 2 <sup>1</sup>	In person	12.5%	Week of April 5		3
Needs Analysis	Assignment, submitted on Brightspace	5%	February 26	See “ <i>Missed Assignment Policy</i> ”	5
Training Plan	Assignment, submitted on Brightspace	5%	April 9		6
Personal Fitness Analysis	Data documentation and analysis	10%	April 2		3 and 4
Varsity Training Participation	In person attendance and log book	5%	February 26		8

Notes:

1. 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, please refer to the “**Missed Midterm/Practical/Final Exam Policy**”.
2. You cannot use undocumented absences for final exams.

### 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
- ✓ A student might not receive the same grade as their group members if it is determined that the distribution of work was not equal (via the peer evaluation)
- ✓ 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
- ✓ Any grade appeals on term work must be initiated with the instructor within 3 weeks of the grade being posted. See the [University Policy on Undergraduate Student Appeals](#) for more information

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”.

### **Information about late or missed assessments and labs:**

#### **Missed Lab Policy:**

1. There are no make-up labs, nor is it possible to reschedule a lab.
2. Even with approved academic consideration, you must complete at least 8 labs to be eligible to pass the course.

#### **Personal Fitness Analysis:**

Students are required to perform **ALL** assessments as a testing ***subject*** (unless academic consideration has been approved). Student participation will be tracked in every lab and count towards the personal fitness analysis mark. Missed assessments (unless academic consideration has been approved) will result in a zero on assessments and analyses that have not been performed.

#### **Missed Assignment Policy:**

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate approved considerations will result in a grade of 0. 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.

#### **Missed Midterm/Practical/Final Exam Policy:**

A missed examination, without appropriate documentation will result in a zero (0) grade.

Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances. Exams will not be re-weighted and must be completed. The midterm make-up exam date will be scheduled during the last lecture prior to Reading Week. Missed final exams will be completed on the common exam make-up date set by the School of Kinesiology (generally in early to mid-May). Missed practical exams will be scheduled on the common make-up exam date set by the School of Kinesiology. You will be responsible for bringing an “athlete” with you as your testing subject. Students who are unable to write/perform their missed exams on the common make-up date will receive an SPC (see description below) and will need to write/perform the exam the next time a common make-up date is offered (generally the following year).

### **Course Evaluation Marks**

Students wishing to discuss ANY evaluation marks must attend office hours, *in person*. *ALL electronic correspondence regarding lab evaluation marks, sent to the instructor, will be deleted immediately.*

### **Course-specific conditions:**

**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.