

School of Kinesiology
Faculty of Health Sciences
Western University
KIN 3335 – Leadership in Physical Activity
Fall 2018/Winter 2019

Instructor: Dr. Deb Chiodo (dchiodo@uwo.ca);

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Office hours: upon request

Teaching Assistants:

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Class Schedule and Class Composition

- | | | |
|--------------|-----------------|--|
| a) Tuesdays | 11:30 – 1:30 pm | 236 Health Science Building |
| b) Thursdays | 12:30 – 1:30 pm | 236 Health Science Building (or elsewhere depending on the activity) |

Tuesdays 11:30-12:20 (**mentors only**)

Tuesdays 12:30-1:30 (**mentors + protégés**)

Thursday 12:30-1:30 (**mentors + protégés**)

- Protégés will join the class for the first time on October 2nd, 2018
- The mentors-only class on Tuesday from 11:30-12:20 will be used for team building, training of mentors, and planning the mentor-protégé activities that will take place on Tuesdays (12:30-1:20) and Thursdays (12:30-1:20). Normally the mentors + protégés classes will revolve around physical activity. At times the full class may meet for other events (e.g., charity fundraising).
- Mentors will receive support from course instructors and TAs throughout the year to plan activities and support the mentor-protégé relationship.

The Learning Opportunity/Experience

Kin 3335 is an experiential learning course, much like the hands-on experiences of students who are athletic trainers for varsity teams. Leadership experiences such as mentoring, leading discussions, making presentations, honing listening skills, and acting as a physical activity role model will be major learning opportunities in the course. Many of previous years' mentors suggested that this course/experience was the most beneficial and meaningful experience they had had during their entire Kinesiology program. They also appreciated that the mentoring experience and leadership skills gained added significantly to their résumés.

There is an **expectation** that mentors will meet with their protégés both inside and outside of class time to develop a meaningful relationship with their protégés as a team and as individuals. There is also an expectation that mentors will attend ALL classes with and without the protégés. If a mentor is ill and cannot make it to class two things are necessary. For the mentor-only class the mentor is to notify the course instructor of the pending absence (i.e., notify instructor before the class). Mentors are also expected to attend all the mentor-protégé classes. When this is not possible due to illness the mentor is to contact their respective ("back-up") mentor partner to fill

in (to be organized). Mentors are also expected to manage a mentor & protégé logbook to track weekly physical activity. As role models for the protégés, mentors are expected to be physically active at least four times per week, but ideally more often.

Course Description

Kin 3335 is largely experiential in nature. Using the knowledge and skills gained in first and second year, upper year Kinesiology students will be mentors for students in first year (first years are called “protégés”). The primary focus of the mentor experience is to act as guides to direct protégé participation in regular (5-7 days per week) physical activity throughout the school year. In addition, there will be significant opportunity to mentor protégés in many areas germane to their first-year experience. As the semester starts and since a successful mentor-protégé relationship is reciprocal in nature, most classroom experiences will be held with the mentors and protégés both present (see teaching cycle above). Mentors are also expected to spend out-of-class time with their protégés.

[1.0 credit course; 3 hours /week]

Anti-requisite(s)!Pre-requisite(s)!Co-requisite(s)

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

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 prerequisite

Learning Outcomes

At the end of the course student mentors will:

1. Appreciate what it means to make physical activity a consistent part of a healthy lifestyle.
2. Understand the connection between physical activity and a healthy lifestyle, including mental health.
3. Improve their communication skills.
4. Appreciate the challenges of building a mentor-protégé relationship and obtain the skills required to build a successful relationship.
5. Appreciate the value of reflective thinking and be better at using this tool to promote personal growth.
6. Obtain important stress management, time management, and conflict management skills.
7. Obtain a working knowledge of existing mental health services on campus.

Evaluation

1. Class attendance (mentor-only classes) – (5%)
2. Weekly participation by mentor in physical activity (as recorded in mentor-protégé logbook (5%)
3. Quizzes
 - a. Quiz 1 (Course content) September 20 (5%)
 - b. Quiz 2 (Course content) October 23 (10%)
 - c. Quiz 3 (Course content) December 4 (5%)
4. Providing feedback for improvement of mentor-protégé best practice manual for Kin 3335 (5%)
5. Course Reflections:

- a. Reflection 1; 1-2 pages (Due September 18; 5%)
- b. Reflection 2; 1-2 pages (Due November 20; 10%)
- c. Interim Course Reflection 3 (Due January 29; 20%)
- d. Final course reflection (Due April 9; 30%)

Class Topics

The exact order and nature of topics is, by necessity, somewhat flexible. To gain depth of understanding topics may be repeated as experience unfolds.

1. Protégé assignment
2. Meeting your protégés; joint goal setting; icebreakers; meeting others in class (making new friends)
3. Access to campus services: recreational and health
4. The importance of physical activity to mental and physical health
5. Strategies used to cope with stress.
6. Making physical activity fun
7. Responsibility: understanding the roles of mentors and protégés
8. Building a trusting relationship
9. Conflict management
10. Participation: it takes two to have a functioning relationship and optimizing mentor-protégé gains
11. Self reflections and group reflections – where to next?
12. Achieving balance: nutrition, sleep, physical activity, social activity, and academics (including stories from role models/mentors)
13. Effective self management: time management, coping strategies
14. Facilitating open communication and feedback: being able to effectively communicate the good and the bad
15. Research day: Smart campus program and student-based research projects
16. Program and self evaluation: sharing success stories

Course/University Policies

1. **Lateness:** Assignments are due at 4 pm on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in losing 33% per day late (beginning at 4:01 pm). Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. Documentation for Accommodation (Illness, Medical/Non-Medical Absences):

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student's Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted.

An "Accommodation Consideration Request Form" found online https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf or in the Kinesiology Undergraduate Office" for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

3. Grades: Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

15% of course grades will be posted by the last day to drop a course.

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

4. Scholastic offences: They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

- A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required 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 for such checking 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 (<http://www.turnitin.com>)

B) 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.

5. **Formatting:** No specific format is required, however, students need to cite the reference material used and write in a concise and effective manner, to parallel that of a professional report. It is not good practice to cite secondary references.

6. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Cellular phones, pagers, and text-messaging devices are distracting to you and to others. Please have the courtesy to turn them off and remove them from your sight. Laptops not necessary during class. *Listening, thinking and asking questions are the expected behaviours in the classroom.*

7. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

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

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>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf

SUPPORT SERVICES

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

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>