

Western University
Faculty of Health Sciences
School of Kinesiology

KIN 2993Y - Lifestyle, Individual, Fitness and Exercise
Fall 2021

<p>Instructor: Dr. Molly Driediger Office: AHB 3G22 Email: mdriedig@uwo.ca Phone: 519-661-2111 ext. 85078 Office Hrs: By appointment</p> <p>TAs: Kelli Tyndall ktyndal3@uwo.ca Aliya Hudda ahudda@uwo.ca Kaleigh Churchm kchurchm@uwo.ca Abigail Perfetti aperfet3@uwo.ca</p>	<p>Lectures: Online & asynchronous</p> <p>Fall 2021 Instruction Mode: Blended 1.5h/week online asynchronous 1h/week in-person laboratory in Studio 2 of the Western Student Recreation Centre (WSRC)</p> <p>Start of winter term 2022: 1.5h/week online asynchronous 1h/week online SYNCHRONOUS laboratory during weekly scheduled lab time on MS Teams</p>
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):

This course is an introduction to knowledge and techniques essential in designing exercise programs promoting individual active lifestyles. Using a variety of common exercise types, students will put into practice techniques to educate and motivate individuals to adopt an active healthy lifestyle to promote optimum health for all ages.

Antirequisite(s): [Kinesiology 2980A/B](#) (if taken in 2018-19); the former Kinesiology 2940Q/R/S/T; the former Kinesiology 2941Q/R/S/T.

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

Extra Information: 5 lecture/laboratory hours.

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 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.

My Course Description

This is a student-centered activity course. It is an introduction to the theory and techniques that form the foundation for designing physical activity and exercise programs to promote active lifestyles for individuals across the lifespan. Students will gain practical experience by engaging in various indoor and outdoor physical activities and group fitness classes. Students are expected to learn to put into practice techniques used to develop and deliver group exercise classes and implement strategies to

promote aspects of daily healthy active living among people of all ages.

Overarching Course Objective:

Individuals need to enjoy moving to initiate and maintain engagement in physical activity for health and wellbeing.

Learning Outcomes:

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

1. Summarize and apply **health behaviour change theories** and **psychological strategies** to promote the initiation and maintenance of physical activity among healthy individuals.
2. Recognize and implement the current Canadian 24-Hour **Movement Guidelines** when developing strategies to promote physical activity for individuals.
3. Source, interpret, **critically appraise**, and discuss fitness-related media and scholarly articles.
4. Recognize the **benefits of a physically active lifestyle** and **gain exposure** to new and different ways of moving in local indoor and outdoor settings.
5. **Collaborate** with other individuals to **research, organize, and deliver** succinct fitness-related information to peers.
6. Apply knowledge of exercise, equipment and training principles to **develop, structure, and implement** a safe and effective group fitness experience.
7. **Apply knowledge** of instructional strategies to motivate, educate, and engage participants in a movement-based class.
8. Provide **constructive, effective feedback** to peers to share understanding while promoting physical activity.

Course Format:

Full year, 0.5 course, blended design, ~2.5h/week

Weekly tasks include:

- a) Pre-lab preparation via online asynchronous micro-lectures, video clips, and/or readings (~30min-1h/week)
- b) Mandatory in-person lab in **Studio 2** of the **WSRC** (1h/week)
- c) Independent and partner or team-based online activities and/or discussions (~30min-1h/week)

Weekly tasks during virtual delivery:

- a) Pre-lab preparation via online asynchronous micro-lectures using student developed lecture clips. These will be posted within the specified channel on MS Teams.
- b) Online discussion information will be posted in OWL within the Weekly Lessons. There are four posts (original and response) during the winter term. The first date has changed to accommodate later start of semester.
- c) Mandatory attendance and participation in weekly student-led presentations during scheduled lab time on virtual meeting using MS Teams.

Due to the nature of this course, and the requirement for active participation, please dress accordingly (e.g., running shoes, shorts or gym pants/leggings, t-shirts or tank tops) for both activity sessions/labs.

*There are no bags, boots, or coats allowed in Studio 2 or in the upper level of the Western Student Recreation Centre (WSRC). Please arrive early to use the change rooms provided in the basement of the WSRC and to store your belongings. Don't forget to **bring a lock** to secure your valuables.*

Please bring a water bottle to all labs. At times, you may also need a mobile phone or laptop.

Due to the number of students in each laboratory section, students are not permitted to attend alternate lab sections. YOU MUST ATTEND THE SESSION YOU ARE REGISTERED FOR.

Required Course Material:

The **Weekly Lessons** tool in **OWL** will be used to outline weekly tasks, learning objectives and resources. Asynchronous micro-lecture video clips will be delivered within **Weekly Lessons**. Video clips will provide the information required to complete in-person labs, and therefore, must be viewed prior to the student's assigned weekly lab session.

Microsoft Teams will be used to communicate with instructors, to promote collaboration among students and facilitate student-led experiential learning via shared movement videos and peer feedback. Information on joining our course Team and the Team for your assigned lab section, will be posted on OWL. Please join these two Teams before Sept. 10th.

There is no textbook for the course.

Schedule:

Please note that this is a **tentative schedule**. As such, the content and sequence of topics are subject to change at the discretion of the instructor.

Week	Topic	Pre-Lab Task	Lab	Evaluation
Week 1 (Sept. 8-10 th)	Introduction to course expectations, OWL and Teams	Read syllabus, browse OWL	NO LABS this week Join Microsoft Teams	
Week 2 (Sept. 13-17 th)	Introduction to instructors and lab Canadian Adult 24-Hour Movement Guidelines	Review lecture clips	Meet at North Practice field during assigned lab time	Post to Teams
Week 3 (Sept. 20-24 th)	Theories of behaviour change: Self-Determination Theory - Motivation Equipment & Safety	Review lecture clips	Meet at Studio 2 in Western Student Recreation Centre (WSRC) during assigned lab time	Lab attendance
Week 4 (Sept. 27 th -Oct. 1)	Warm-up & cool down Group dynamics	Review lecture clips	Group warm-up & cool down	Lab attendance Post to Teams
Week 5 (Oct. 4-8 th)	Technique fundamentals,	Review lecture clips	Exercise variation	Lab attendance

	movement patterns and exercise variations			
Week 6 (Oct. 12-15 th) Thanksgiving	Fundamentals of group exercise instruction	Review lecture clips	Conditioning	Lab attendance Warm-up video due (Friday)
Week 7 (Oct. 18-22)	History of group fitness Music and exercise Modalities	Review lecture clips	Music & modalities	Lab attendance Post to Teams Choose your own adventure due (Friday)
Week 8 (Oct. 25-29 th)	Methods of program delivery (pivoting to virtual delivery)	Review lecture clips		Lab attendance
Week 9 (Nov. 1-5 th)	READING WEEK – NO LABS			
Week 10 (Nov. 8-12 th)	Physical activity & exercise interventions	Review lecture clips		Lab attendance
Week 11 (Nov. 15-19 th)	Self-presentation in exercise settings	Review lecture clips		Lab attendance Post to Teams Choose your own adventure due (Friday)
Week 12 (Nov. 22-26 th)	Individual fitness	Review lecture clips	Practice time	Lab attendance QUIZ # 1 (Tuesday)
Week 13 (Nov. 29-Dec. 3 rd)	Group exercise types: Aquafit	Review lecture clips	Practice time	Lab attendance
Week 14 (Dec. 6-8 th)	No content		No labs this week	Individual fitness lecture clip due (Monday)
WINTER BREAK				
Week 1 (Jan. 10-14 th)	New format review	Video example (posted in OWL Weekly Lessons)	ONLINE: MS Teams meeting at scheduled lab time	Online lab attendance - meet with TA during scheduled lab time on MS Teams Post to Teams – online discussion

Week 2 (Jan. 17-21 st)	Student lecture clips	Review lecture clips (posted on MS Teams)	ONLINE: MS Teams meeting at scheduled lab time Student-led <i>synchronous</i> exercise class	Online lab attendance – participate in student-led fitness class during scheduled lab time
Week 3 (Jan. 24-28 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	ONLINE: MS Teams meeting at scheduled lab time Student-led <i>synchronous</i> exercise class	Online lab attendance – participate in student-led fitness class during scheduled lab time Post to Teams–online discussion
Week 4 (Jan. 31-Feb. 4 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	In-person student-led exercise class (as situation allows) *Should the situation necessitate, labs and student presentations will continue online	In-person lab attendance (as situation allows) Choose your own adventure due (Friday)
Week 5 (Feb. 7-11 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance Post to Teams–online discussion
Week 6 (Feb. 14-18 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance
Week 7 (Feb. 21-25 th)	READING WEEK – NO LABS			
Week 8 (Feb. 28-Mar. 4 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance
Week 9 (Mar. 7-11 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance QUIZ # 2 (Tuesday)
Week 10 (Mar. 14-18 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance Choose your own adventure due (Friday)

Week 11 (Mar. 21-25 th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance Post to Teams–online discussion
Week 12 (Mar. 28-Apr. 1 st)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance
Week 13 (Apr. 4-8th)	Student lecture clips	Review lecture clips (posted on MS Teams)	Student-led exercise class	Lab attendance Extra date: Choose your own adventure due (Friday)

Course Evaluation:

Due dates are provided below and will be communicated on OWL **Calendar** and within OWL **Assignments**.

“**Late**” policy: Assigned work, including formal assignments, online activities, discussions, and lab work documentation are due as communicated below and on OWL. Assignments are due **before** the date and time listed (there is no grace period). Assignments that are submitted late without accommodation will be docked 20%. For each additional day late, the assignment will be reduced by 20%. After 5 days, students will no longer be able to submit the assignment and will receive a grade of zero.

Course-specific conditions: To pass this course, students must have participated in a minimum number (50%) of in-person labs. Failure to attend at least 50% of labs will result in a lab participation mark of zero. Given that the content covered in labs provides the information necessary to complete assignments, students who do not meet the minimum, may be ineligible to complete course assignments and meet course objectives.

Evaluation	Value	Description	Learning Outcome	Date
PARTICIPATION				
Lab Participation	20%	<p>Students will work in teams of 4 to fulfill learning objectives.</p> <p>*In-person lab attendance will be mandatory for the course. Students are required to attend at least 50% of labs to pass the course.</p> <p>Students are expected to be prepared and on-time for their scheduled lab, to demonstrate effortful engagement and professional and collaborative conduct.</p> <p>The grading scheme will be posted on OWL.</p>	1, 4, 5, 6, 7, 8	<p>Assessed weekly</p> <p>10% per term; 1%/lab</p> <p>In-person labs start the week of Sept. 13th</p> <p>Online lab attendance starts week of Jan. 10th</p>

		<p>*If in-person is not possible due to the COVID-19 situation, students will be responsible for completing lab tasks online. Microsoft Teams will be used to facilitate and monitor online collaboration and participation.</p> <p>During virtual delivery: Online lab participation marks consist of attending the weekly lab meeting on MS Teams AND completing participant impression scores for each student presenter.</p>		
Online Participation	10%	<p>Students will use Microsoft Teams to participate in online activities, discussions, and to present work completed during lab time.</p> <p>Students will provide constructive feedback to each other and reflect on their own learning.</p> <p>The grading scheme and schedule of these will be posted on OWL.</p> <p>Students are expected to maintain appropriate conduct and professionalism when communicating with other students and instructors using Teams.</p>	1, 2, 3, 4, 8	Assessed 4 times per term
TESTS				
Online Quizzes	20%	Students will be required to complete one asynchronous online quiz on OWL to evaluate their knowledge of the content delivered.	1, 2, 4, 6, 7	Tuesday November 23rd Tuesday March 8th
ASSIGNMENTS				
Choose Your Own Adventure	15%	<p>Get active! Discover local settings that offer a variety of opportunities for physical activity and explore different ways of moving.</p> <p>On their own time, students will be required to engage in 3 different local activities (students may choose to participate in 1 or 2 activities each term), track their activity, and reflect on their experience. There are 4 potential</p>	4, 8	#1: Due Friday October 22nd #2: Due Friday November 19th #3: Due Friday February 4th

		due dates to choose from. Students will submit their activity experiences on only 3 dates.		#4: Due Friday March 18 th #5: Due Friday April 8 th
Warm-up Video Assignment	5%	In groups, students will be required to create a 10-min warm-up video that could be used to prepare for a specific type of exercise class or activity.	6, 7, 8	Due Friday October 15 th
Individual Fitness Lecture Clip	10%	In groups or partners, students will be required to create a 5 min lecture clip to inform others about a specific fitness modality and to prepare students for their upcoming exercise class.	3, 5	Due Monday December 6 th
Presentation: Exercise Class Delivery	20%	Groups or partners will deliver an exercise class during lab time to apply their instructional skills and engage the class in different modes of fitness. Should we remain online after Jan. 31st, student-led exercise class will continue to be delivered during synchronous online lab sessions using MS Teams.	5, 6, 7	Evaluation during lab time in winter term Winter week 1, 2, 3 presented online using MS Teams during lab time.

Course/University Policies

1. Statement on Use of Personal Response Systems (“Clickers”)

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic 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: https://www.uwo.ca/univsec/pdf/academic_policies/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.

3. Electronic Device Usage:

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 of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

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. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. 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. **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.**

4. Health and Wellness:

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.

5. 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/>

6. Accommodation, Illness Reporting and Academic Considerations:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

Accommodation Policies

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](#).

Academic Consideration for Student Absence

<https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html>

Attendance at weekly in-person labs is mandatory. Any absence from your assigned lab without accommodation (Self-Reported Absence or accommodation through Academic Counselling) will

result in a grade of zero toward your weekly lab participation. Failure to attend 50% of labs will result in an overall lab participation grade of zero and may also impact your ability to complete assignments and fulfill the course objectives. If you are absent from lab, you will need to make up the missed work (either in-person or online). Contact your instructor for direction.

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.**

Please note: Assignments, online tasks, or lab documents that are not submitted on time because of a Self-Reported Absence will be **due within 72 hours** from the original due date and time. Assignments not handed in within 72 hours will be penalized according to the course "late policy" (docked 20% per day up to a maximum of 5 days. After 5 days, the assigned work will receive a grade of zero). If you miss an online quiz, there will be NO make-up. Your quiz mark will be re-weighted to the other quiz. Your grade will be entered as zero on Gradebook until both quiz dates have passed.

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#)

and for the Student Medical Certificate (SMC), see:

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

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

7. Examination Conflicts: A student with examinations having flexible submission times (e.g., where one or more examination is a take-home examination) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as "heavy load" conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request accommodation with their academic counselling unit prior to

the deadline to drop a course without academic penalty

In the case of online examinations, an “Examination Conflict Room,” which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. **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 the attention of the instructor immediately.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

- November 12th, 2021 (for first term half-courses)
- November 30th, 2021 (for full-year courses)
- March 14th, 2022 (for second term half-or full year courses)

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</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>

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

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; 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”.

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

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, 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 OWL 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. In the event that online learning is required, a stable internet connection with working microphone and webcam will be required. As has been the case in the past, the decision to pivot to online learning will be made by Western, and not individual instructors or departments (excepting temporary online instruction in the event of instructor illness)

10. **Online Etiquette:** Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please “arrive” to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise

- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor's request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- if you wish to speak, use the "raise hand" function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of "netiquette":

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. "Flaming" is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

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.

11. 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>

12. Masking Guidelines

Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom (and WSRC) as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation. Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks. Students unwilling to wear a mask as stipulated by Western policy and public health directives will be referred to the Dean, and such actions will be considered a violation of the student Code of Conduct.

13. Course Absences due to Daily COVID Screening Questionnaire

Missed assessments (e.g., presentations, essays, quizzes, tests, midterms, etc.) require formal academic considerations (typically self-reported absences and/or academic counselling). Methods for dealing with missed work and course content are at the discretion of the instructor(s). Students should be aware that some learning outcomes cannot be easily made up and may need to be completed in a subsequent year. Your instructor will provide you with further information as to how this applies within this course. Students who demonstrate a pattern of routinely missing coursework due to self-reported COVID symptoms, and therefore do not demonstrate mastery of the learning outcomes of the course, will not receive credit for the course.

14. COVID-19 Vaccinations

By the start of classes, virtually all students should have at least one dose of the vaccine. All students without a vaccine exemption will be fully vaccinated by October 12th. Between September 7th and October 12th, individuals who are not fully vaccinated (e.g., individuals who are awaiting their second vaccine dose) will be required to participate in rapid antigen testing. These individuals will be required to provide proof of two negative tests per seven-day period, with each test separated by a minimum of 72 hours. This testing may be done either on campus, in the UWO Vaccination and Testing Centre, or by a third-party licensed pharmacist/practitioner approved by the University, who shall administer the test and submit the testing results directly to the University. Further details on the vaccination policy may be found in MAPP 3.1.1, available here:

https://www.uwo.ca/univsec/pdf/policies_procedures/section3/mapp311_covid19.pdf

Individuals who fail to comply with testing requirements, or who misrepresent their vaccination status, will face academic sanctions up to and including expulsion.