

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 4490E - Senior Research Project
Fall 2021**

| | |
|--|--|
| <p>Instructor: Dr. Jamie Melling Office: MSB 231 Email: jmelling@uwo.ca Phone: 519-661-2111 ext. 85374 Office Hrs: By Appointment</p> <p>TAs: None</p> | <p>Lectures: N/A</p> <p>Fall 2021 Instruction Mode: Online</p> |
|--|--|

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):

Independent research project in Kinesiology involving presentation of proposal, collection and analysis of data, presentation of results, and final written report as a scholarly paper.

Antirequisite(s): Kinesiology 4443E, Kinesiology 4444E.

Prerequisite(s): Restricted to students registered in the fourth year of the Honours Specialization Kinesiology; permission of the School of Kinesiology.

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

Independent research project in Kinesiology involving presentation of proposal, collection and analysis of data, presentation of results, and final written report as a scholarly paper.

Course Summary

1. The goal of this course is to provide a student with the opportunity to conduct a research project under the supervision of a Kinesiology faculty member. Projects may cover a variety of designs and topics including, but not limited to, program design, experimental design, historical reviews, analysis of current sport/physical activity/health topics, health promotion, and empirical research involving human subjects.

2. While the form and format of the project is to be determined by the supervisor and the student, empirical research should include the development of the research question(s), the design of the study, completion of ethics and development of the human participants (where necessary), participant recruitment and data collection, analysis and completion of the final report

3. KIN 4490E is not an opportunity to gain credit for volunteer work in a research/teaching lab.

4. KIN 4490E project must be supervised by a Kinesiology faculty member. The following Faculty members are eligible to accept students (Note: Faculty members may choose not to accept students in any given year):

Socio-cultural area:

Dr. K. Danylchuk

Dr. M. Heine

Dr. H. Prapavessis

Dr. A. Doherty

Dr. D. Howe

Dr. A. Schneider

Dr. L. Misener

Dr. E. Pila

Dr. J Thornton

Dr. J Weese

Dr. C Silva

Dr. M Ross

Bioscience area:

Dr. J. Garland

Dr. M. Mottola

Dr. G. Belfry

Dr. M. Heath

Dr. L. Nagamatsu

Dr. T. Jenkyn

Dr. C. Rice

Dr. A. Christie

Dr. P. Lemon

Dr. K. Shoemaker

Dr. J. Dickey

Dr. J. Melling

Dr. M. Mitchell

Dr. D Keir

Dr. D Pamukoff

Dr. D Humphreys

5. Projects are restricted to Kinesiology students who are in their fourth year of study.

6. Before a student can be registered in KIN 4490E, a contract must be completed and signed by:
a. the student, b. the supervising faculty member, and c. the Director of Kinesiology

7. Students cannot receive remuneration for work completed as part of the KIN 4490E experience. 8. In the case where human participants are involved, Western Research Ethics specifies that ethics approval must be obtained prior to any data collection, as outlined in the University Policy statement at <http://www.rcr.ethics.gc.ca/eng/policy-politique/framework-cadre/>.

Course Procedures

1. Students must contact an appropriate Kinesiology faculty member to discuss their proposal, faculty expectations, completion date, and evaluation. Preference will be give to students with an academic average 80% and above.

2. Once a verbal arrangement has been made, a KIN 4490E contract should then be signed by the supervising faculty member and the student and submitted to Wendy Hacon by email (wmandigo@uwo.ca). Faculty members are encouraged NOT to participate in KIN 4490E projects until the contract has been signed.

3. Once the Contract has been signed by the student, the supervising faculty member, and the Course Manager, the student will be registered by the Undergraduate office into Kin 4490E.
4. Students are advised to meet regularly with their supervisor during the term.
5. A minimum of 10 hr per week will be devoted to the research project throughout the academic year
6. Final grades should be submitted by the supervising faculty member to Course manager by no later than April 24th.

Learning Outcomes

This research project is intended to provide students with a research experience in Kinesiology. Following completion of this course, students will be able to:

1. Develop independent and/or collaborative research skills in a specific area of Kinesiology where the project includes literature review; experimental design; collection, analysis and interpretation of collected data; and oral and written communication of scientific information in the form of seminar presentations and research reports, respectively.
2. Critically review and synthesize scholarly literature in the area to identify knowledge gaps for further exploration.
3. Perform the experimental procedures and operate the scientific equipment relevant to the research project.
4. Understand and explain, in more detail, the specific theoretical positioning relevant to the research area.
5. Determine an appropriate approach for examining the research question identified in conjunction with supervisor.
6. Organize and communicate research findings via oral presentations and written report. Course Format Students (and faculty) will meet occasionally during the year for both formal (e.g., preliminary research proposal; final presentation of project) and informal presentations and information sessions. Dates and times will be arranged as needed.

Course Evaluation

Students will be evaluated by their supervisor with respect to their performance in the research project/laboratory. This will include not only technical skills, but also their familiarity with the literature, and their contribution to the experimental design, analysis, and interpretation of the data. This evaluation will be done at the end of each of the fall and winter terms. An abstract and a final research paper will be evaluated by the immediate faculty supervisor and one other faculty member. Feedback will be given to students as soon as possible after presentations. Student participation in the discussion sessions, and in the question period after each student presentation is expected and required. All faculty will participate in the evaluation of student

presentations. The presentations will be done with all students and faculty in attendance (dates and times will be arranged after consultation with students and faculty).

Details of the (suggested) evaluation are outlined below (subject to change each year):

| Activity | Weight | Evaluator(s) |
|--|--------|-------------------------------|
| Research/Lab performance (1st term) | 15% | Supervisor |
| Research proposal presentation (1st term; TBD) | 5% | Course Manager |
| Research/Lab performance (2nd term) | 15% | Supervisor |
| Final presentation | 15% | All faculty |
| Final research paper (due April TBD) (2nd term; March TBD) | 50% | Supervisor + other faculty |

Notes:

1. A similar project cannot be completed as part of an independent study
2. A copy of the final report must be submitted to the Undergraduate office (emailed to wmandigo@uwo.ca)

General course information

1. Final presentation length - 10-15 min with 5-10 min for questions
2. Student presentations - may take place over two or more days depending on the number of students enrolled
3. Research Presentation dates and times - TBD - dependent on availability of students and faculty supervisors - but usually completed in early- to mid-November in the 1st term, and before the final day of classes in the 2nd term (usually in mid- to late-March or early April)
4. Final research report - TBD but approximately 1 week after 2nd term presentations (on or before final day of classes in April)

Final Research Paper

The final research report should be submitted to the Kin 4490E Course Manager at the end of the 2nd term (date TBD but usually 1-2 weeks after the 2nd term presentation and on or before the final day of classes). The final research paper will be marked by the faculty supervisor. Students will submit one copy of the final research report to the Kinesiology undergraduate office (wmandigo@uwo.ca). Students will be informed as to whether to submit a paper copy or an e-copy of the final research report to the Course Manager.

The final research paper should be written in “manuscript style” and include the following sections as if you were submitting your research for scholarly publication to a journal commonly used by your supervisor in the related field. (i.e. Abstract, Introduction, Methods, Results, Discussion, References).

Also, either at the beginning or the end of the paper, it is important that you provide a paragraph which defines/describes/details your role in this project, and the role of the other co-authors that

you may include on your paper. In other words, what exactly you did do for this project and how did the other authors support your work in this thesis.

The final research paper should be formatted as follows:

1. Length 10 - 25 pages (this limit does not include title page, figures, tables, and references)
2. Typed, double-spaced
3. Margins (top, bottom, sides) should be 2.54 cm (1")
4. Arial or Times New Roman font, with 12 point font size
5. Tables and figures can be appended at the end of the Results section or at the end of the manuscript - do not embed them into the body of the Results section
6. References may conform to either APA or Chicago Style as per the convention of the journal of target submission.

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>

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.**

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 my attention immediately.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

- November 12th, 2021 (for first term half-courses)
- November 30th, 2021 (for full-year courses)
- March 7th, 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

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>