

Western HealthSciences

School of Kinesiology

KIN 2991A – Coaching and Sport Leadership Fall 2025

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Important Dates

| Classes Begin | Reading Week | Classes End | Study day(s) | Exam Period |
|---------------|--------------|-------------|--------------|----------------|
| September 4 | November 3–9 | December 9 | December 10 | December 11–22 |

September 30 - National Day for Truth and Reconciliation (non-instructional day)

October 13 – Thanksgiving (official holiday)

September 12: Add/drop date (no drop fee and the course will not appear on your transcript)

December 1: Last day to withdraw from a first-term half course without academic penalty ('WDN' on transcript)

Contact Information

| Course Coordinator/instructor | Contact Information | Office Hours |
|-------------------------------|---------------------|---------------------------|
| Nate McKibbin | nmckibb@uwo.ca | Monday 11am-noon AH11J |

| Teaching Assistant(s) | Contact Information | Office Hours |
|-----------------------|---------------------|--|
| Alexandra Couto | acouto5@uwo.ca | Students are encouraged to ask questions during labs |
| Hamid A. Mustafa | hmusta3@uwo.ca | |
| Karen Laansoo | kroberts@uwo.ca | |
| Hallee Knelsen | hknelsen@uwo.ca | |

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):

This student-centered movement class is an introduction to the knowledge and techniques essential in educating and assessing individuals in movement competency/proficiency. In this course students will explore the way people across the lifecycle learn and the knowledge and skills that practitioners need to support them to learn effectively.

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

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: Lecture (In-Person) and Labs (In-Person)

| Component | Date(s) | Time |
|---------------------------------|--|--|
| Lectures In-Person (2h/week) | Mondays FIMS & Nursing Bldg Rm 1240 To do well in this course, students must attend and participate in active learning opportunities. | Section 1: 12:30-2:30pm |
| Labs In-Person (2h/week) | Wednesdays/Fridays Labs are movement-based. Expect to move, sometimes at higher intensities. Please dress in clothing that allows you to be comfortable engaging in physical activity. Clean, dry athletic shoes are required in the gym. Gym bags are not allowed in the gyms at WSRC. We ask that you use the locker rooms to store your belongings, and adhere to any other rules of the WSRC. Student cards are required to enter the facility and you will need to bring your own lock. | Section 2: Wednesday 9:30-11:30am WSRC Green Gym Section 3: Wednesday 9:30-11:30am WSRC Yellow Gym Section 4: Friday 9:30-11:30am WSRC Green Gym Section 5: Friday 9:30-11:30am WSRC Yellow Gym |

Learning Outcomes

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

1. Develop a personal coaching/leadership philosophy (including Mission, Vision, Values)
2. Understand and adhere to core principles of Safe Sport and the Responsible Coaching Movement
3. Understand and apply Long Term Athletic Development Model for athletes as they move through stages of athletic development
4. Work in groups to organize and deliver sport specific sessions within lab setting
5. Utilize appropriate teaching methodology when delivering session plans
6. Reflect on coaching performance and apply feedback when delivering session plans
7. Design a season plan based on the specific needs of a set of athletes (Including technical, tactical, mental, physical, and social considerations)
8. Use assessment tools to monitor training loads and track individual athlete/team performance
9. Promote inclusion within a sporting environment for those with physical or intellectual disabilities
10. Understand potential coaching pathways, and opportunities for those who want to continue in coaching (professional or volunteer)

Course Content and Schedule

| Week | Lecture | Weekly Prep | Lab | Evaluation |
|---------|---|--|---|--|
| Sep 4-5 | NO LECTURE | | NO LABS | |
| Sep 8 | Lecture 1: Sport, Coaching, and Safe Sport | Register with NCCP and complete free Safe Sport training | NO LABS | |
| Sep 15 | Lecture 2: Developing a Coaching Philosophy | Locate and review mission, vision, and values for specific sporting organization (Western Sport and Rec if none found) | Lab 1: Introduction, formation of groups, and establishing process | Lab Participation 1 |
| Sep 22 | Lecture 3: Developing Practice Plans | Review sample practice plans uploaded on Brightspace | Lab 2: Sample sessions led by TA's and lecturer | Lab Participation 2 |
| Sep 29 | Lecture 4: Who Am I Coaching / LTAD | Locate and review LTAD model for chosen sport (Basketball or comparable sport if none found) | Labs 3-11: Groups of students will plan, and execute practices for fellow students | Lab Participation (Labs 3-11) |
| Oct 6 | Lecture 5: Teaching Methodology for Coaches | Materials to be posted on Brightspace | | Sessional Plan 1: Sessional Plan Team Delivery Individual Delivery Reflection Sessional Plan 2: Sessional Plan Team Delivery Individual Delivery Reflection |
| Oct 13 | NO LECTURE - THANKSGIVING LABS WILL BE RUNNING | | | |
| Oct 20 | Lecture 6: Providing Feedback / Error Detection and Correction | Materials to be posted on Brightspace | | |
| Oct 27 | Lecture 7: Mental and Physical Performance | | | |
| Nov 3 | NO LECTURE OR LABS THIS WEEK – READING WEEK | | | |

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|--------|--|---|--|--|
| Nov 10 | Lecture 8: Adaptive Sport | Materials to be posted on Brightspace | Labs 3-11: Groups of students will plan, and execute practices for fellow students | Sessional Plan 1: Sessional Plan Team Delivery Individual Delivery Reflection |
| Nov 17 | Lecture 9: Training Loads and Key Performance Indicators | | | Sessional Plan 2: Sessional Plan Team Delivery Individual Delivery Reflection |
| Nov 24 | Lecture 10: Making Ethical Decisions | | | |
| Dec 1 | Lecture 11: Coaching/Leadership Pathways | | | |
| Dec 8 | NO LECTURE OR LABS | | | Coaching Portfolio |

Course Materials You Must Acquire and Their Costs

- No textbooks are required
- Coaching notebook/binder and pen/pencil for lectures (cost varies depending on what students feel most comfortable using). **Lectures will be interactive and collaborative so it is important that we can use physical means of writing/note taking.**

Assessments and Evaluation

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

| Assessment | Weight | Description | Learning Outcome | Flexibility/Due Date |
|----------------------------|--|--|------------------|--|
| PARTICIPATION | | | | |
| Lab Participation | 15% | 1.5 mark = proof of lab task completion during the lab time (not accepted at any other time). Mark achieved on best 10 of 11 labs will be applied to final grade. Each lab is worth 1.5%. | 2,3,4,5,6,9 | Assessed at end of each lab, starting week of September 15. There are a total of 11 labs. |
| SESSION PLANNING | | | | |
| Group Presentations | 45% (20% for the first session, 25% for the second session) | In groups of 5, students will be required to develop two session plans, deliver a sport specific practice for other students during labs. Evaluation will be based on: group session plans, group and individual delivery, as well as individual reflections. | 2,3,4,5,6,9 | Session Plans: Submitted 24 hours before delivery Delivery Times: Signed up during first lab. Reflections: Submitted 24 hours after delivery |
| TESTS | | | | |
| Lecture Quizzes | 10% | Best 2 of 3 quizzes. | 1,2,3,7,8,9,10 | TBD |
| CUMULATIVE PROJECT | | | | |
| Coaching Portfolio | 30% | Lectures will be designed to assist students in creating a coaching portfolio throughout the semester. The final coaching portfolio will be submitted for assessment but also provide students a foundation for their journey in coaching. | 1,2,3,7,8,9,10 | December 8 |

✓ Lab Participation (15%)

- **Format:** Specified lab tasks completed during lab time only. Graded for completion (not correctness).
- **Content:** Topics covered in each week of lab.
- **Flexibility:** You must attend the entire laboratory session and complete the lab task to earn 1.5% each for 10 out of the 11 in-person laboratory sessions scheduled throughout the semester. Thus, you may miss one laboratory session without penalty. This includes any missed laboratory sessions, with or without [academic considerations](#).
- **Conditions:** No make-ups, extensions or rescheduling of labs. If more than one lab is missed without approved academic considerations, only the first missed session will be dropped and a grade of zero will be assigned to all others. If academic considerations are approved for all missed sessions, the weight(s) will be redistributed onto the completed labs. The laboratory component is critical for meeting the learning objectives for the course. Students also rely on each other for group work. **Therefore, you must attend and complete at least 7 labs to complete the course. If you miss three or more labs (with or without academic considerations), you will receive an 'F' (fail) in the course.**

✓ Group Presentations (45%)

- **Format:** In-person, during lab time; schedule selected by groups in first lab; 45 min. Group sessional plans submitted to Brightspace before delivery. Individual reflections submitted to Brightspace after delivery.
- **Flexibility:** Not applicable. This assessment has been designated as being central to the assessment of learning outcomes in the course. No undocumented absences. Must provide documentation with consideration requests.
- **Conditions:** No make-ups or extensions. Presentations may be rescheduled on an individual basis with approved academic considerations only. Documentation must be provided for any extenuating circumstances. As with any extenuating circumstance, students must submit their request for consideration with supporting documentation through the [Student Absence portal](#). Only the student with extenuating circumstances must submit. Other groups members will have the opportunity to continue with presentation on originally scheduled date.
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✓ Quizzes (10%)

- **Format:** Online, Brightspace; 30 min.
- **Flexibility:**
 - **Lengthy submission window:** Quizzes open at 3:30 pm (after class) and are due at 11:55 pm via OWL Brightspace on the dates listed above.
 - **Drop lowest grade:** There are 3 quizzes in total; however, only the top 2 scores will be counted, each worth 5%. This allows you to miss one quiz without penalty. This includes any missed quiz, with or without [academic considerations](#).
- **Conditions:** No make-ups or extensions. If more than one quiz is missed without approved academic considerations for all missed quizzes, only the first missed quiz will be dropped and a grade of zero will be assigned to all others. If academic considerations are approved for all missed quizzes, the weight(s) will be redistributed onto the completed quizzes or across all course components. The quizzes are flexible assessments that are not eligible for undocumented absences.

✓ **Coaching Portfolio (30%)**

- **Format:** To be submitted on Brightspace in PDF format.
- **Flexibility:** Should extenuating circumstances arise, you are permitted to submit your assignment up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension.
- **Conditions:** Students submitting their assessment beyond the extended deadline will receive a penalty of 1% per hour that it is late. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor.

General information about assessments

- ✓ All assignments are due at 23:59 EST unless otherwise specified
- ✓ You 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
- ✓ Written assignments will be submitted to Turnitin (statement in policies below)
- ✓ You might not receive the same grade as your group members if it is determined that the distribution of work was not equal
- ✓ After an assessment is returned, you should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days
- ✓ Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

| Letter grade | Number grade | Description |
|--------------|--------------|---|
| A+ | 90-100 | One could scarcely expect better from a student at this level |
| A | 80-89 | Superior work which is clearly above average |
| B | 70-79 | Good work, meeting all requirements, and eminently satisfactory |
| C | 60-69 | Competent work, meeting requirements |
| D | 50-59 | Fair work, minimally acceptable |
| F | below 50 | Fail |

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

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup

exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy

Academic Policies and Statements

Support Services

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

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

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

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

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).

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.