



<b>Instructor:</b> Dustin S Hittel	<b>Room:</b> ST 145 (Lab KNB 128)
<b>Phone:</b> 403 220 3497	<b>Days:</b> Tuesday/Thursday
<b>Email:</b> dhittel@kin.ucalgary.ca	<b>Time:</b> 1100 - 1150
<b>Office:</b> KNB 422	<b>Course Website:</b> Blackboard
<b>Office Hours:</b> By Appointment	

<b>Lab 01</b>	Katie Krenz	M 1200-1350	KNB 128
<b>Lab 02</b>	Christina Jablonski	M 1500-1650	KNB 128
<b>Lab 03</b>	Lisa Campkin	W 1200-1350	KNB 128
<b>Lab 04</b>	Jeff Kenzie	W 1500-1650	KNB 128
<b>Lab 05</b>	Lacy Bradly	T 1350-1720	KNB 128

**Course Description:**

A variety of activities to experience the short-term benefits of exercise. This activity theory course provides the student with experiences in the implementation and evaluation of cardiovascular, resistance training, and flexibility programs. Preliminary fitness testing provides performance data from which the student uses to assess his or her fitness level. Over the remainder of the course, the students will learn to prescribe training programs to develop qualities related to health, fitness and performance. Lectures and text will reinforce the student's understanding of exercise prescription and evaluation.

**Course Objectives:**

1. Identify and analyze the physiological and health benefits of physical exercise through active participation in cardiovascular, resistance training, and flexibility programs.
2. Learn the basics of program design to develop qualities related to health, fitness and performance.
3. Recognize the importance of periodization training and the inherent variables of exercise, intensity, volume and duration.
4. Identify and critique the value of various functional components of fitness.
5. Identify and analyze the assessment techniques used for measuring a training effect.

**Required Reading Materials:**

*Fit & Well (2<sup>nd</sup> Edition)*. Fahey, Insel, Roth, Wong. McGraw-Hill Ryerson

*KNES 203 Lab Manual (2012)*. (Available on-line)

**Contacting the Instructor:**

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment. Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

**Grading Scale:**

Grade	Percent	Grade Point Value	Description
A+	90.0+	4.00	Outstanding
A	86.0-89.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	82.0-85.9	3.70	
B+	78.0-81.9	3.30	
B	74.0-77.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-73.9	2.70	
C+	66.0-69.9	2.30	
C	62.0-65.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	58.0-61.9	1.70	<i>Minimum grade required if needed as a prerequisite course</i>
D+	54.0-57.9	1.30	
D	50.0-53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	0.0-49.9	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course Content:**

**Examinations:**

Mid-Term Exam (02/28) ..... 25%  
 Final Exam .....30%

**Lab Assignments:**

Physiological Profile 10%  
 Cardiovascular Training and Flexibility 15%  
 Program Design Assignments (5 in Total- 3% Each) 15%  
 Resistance Training Exercise Presentation 5%

**TOTAL 100%**

**Late Reports will be Docked 10% Per Day and there is NO lab pickup on the weekend)**

**Final Examination:**

Final Exam To be scheduled by Registrar Office

**Additional Course  
Information:**

**Training Sessions / Labs**

**01/14** Lab sessions begin. Lab sessions run one time per week on either M,W or Th. The lab sessions will begin with fitness assessments and interpretation of the data. The subsequent labs will focus on the design and implementation of training programs related to health, fitness and performance. You must attend your scheduled lab section.

**Important Fitness Assessment Dates**

**Week of 01/14**

PAR-Q and Consent Forms and assessment, resting heart rate and blood pressure, height, weight, waist and hip circumference during normal lab times; meet at designated lab classroom.

**01/15**

Leger test ( $VO_{2max}$ ), during normal lecture time; meet at Jack Simpson

**Week of 01/21**

Musculoskeletal testing (strength, endurance, power, flexibility, back extension), during normal lab times

***Physiological Testing***

An informed consent will be given to you prior to all physiological testing. Its purpose is to give you the basic idea of what the physiological testing entails and what your participation will involve. The informed consent **must be** signed by you and witnessed by your laboratory TA before you can serve as a subject in this class.

Fitness testing is a required component of this course and therefore all students must complete a Physical Activity Readiness Questionnaire (PAR-Q). If a subsequent medical examination is required, the student will be responsible for any costs incurred.

**PAR-Q**

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) PRIOR to participating in any activity class. Appropriate activity modifications will be made to accommodate students with medical documentation.

***Attendance***

Lab participation is mandatory, only medically excused absences with verification from a physician will be accepted. Unexcused absences will be docked 5% of the total course grade to a maximum of three unexcused absences, after which, a student will receive a failing grade for the course.

In the event a student cannot participate in a scheduled laboratory activity due to an medically documented injury, he/she must attend the scheduled

session and perform a modified activity. Students arriving after the start time of labs are considered absent (unexcused).

All excused absences, including varsity/athletic team commitments/competitions, must be documented through the course instructor at the beginning of the semester. To receive an excused absence you must present this prior to or on **January 14, 2013**.

If a student cannot meet the above requirements in this semester, he/she may want to consider enrolling in this course during another term.

## Course Content:

### Tentative Lecture Schedule

Date	Topic	Text Chapters
01/08	Introduction; overview of course, objectives	1,2
01/10	Nomenclature, Fitness Appraisal, Pre-screening	1,2
<b>01/15</b>	<b>Leger Test (Jack Simpson Gym @ 11 am)</b>	
01/17	Skeletal Muscle Structure and Function	4
01/22	Muscle Fiber Types	4
01/24	Resistance Training	4
01/29	Resistance Training	4
01/31	Resistance Training	4
02/05	Physiological Adaptations to Training	4
02/07	Physiological Adaptations to Training	3, 9
02/12	Cardiovascular Fitness and Exercise Prescription	3, 9
02/14	Cardiovascular Fitness and Exercise Prescription	3, 9

**\*\*\* February 17-24<sup>th</sup> is Reading Week, No Classes or Labs Scheduled**

02/26	Review	
02/28	<b>Mid Term – Will cover all lectures to Cardiovascular Fitness and Exercise Prescription</b>	
03/05	Periodization	
03/07	Periodization	
03/12	Flexibility and Prescription for Flexibility	5
03/14	Low Back Health	5
03/19	Body Composition	6, 8
03/21	Nutrition	7, 8
03/26	Environmental Factors on Exercise and Performance	10
03/28	Exercise and Aging	9, 13
04/02	Exercise and Aging	9, 13
04/04	Cardiovascular Health	4, 13
04/09	Program Adherence, Behavior Modification	
04/11	New Frontiers: Kinesigenomics and Beyond	
04/16	Review	

**LAB SCHEDULE KNES 203, Winter 2013 (Locations Subject To Change)**

Lab 1: Week of Jan 14: Intro, Forms (PARQ, Consent), Blood Pressure **KNB128**

**01/15 Leger Test (Jack Simpson Gym @ 11 am) \*\***

Lab 2: Week of Jan 21: MSK Testing **Gold Gym**

Lab 3: Week of Jan 28: Test Interpretation and Goal Setting **KNB128\*\***  
**\*\*\*Bring a calculator\*\*\***

Lab 4: Week of Feb 04: Introduction to Resistance Training/  
Resistance Training for Health **Gold Gym/A17**

Lab5: Week of Feb 11: Predicted 1RM Testing **Gold Gym/A17**

**\*\*\*Week of Feb 11: Physiological Profile Assignment Due in Lab**

**Reading Week Feb 18-24**

Lab 6: Week of Feb 25: Resistance Training for Fitness  
(3% Program Assignment Due) **Gold Gym/A17**

Lab 7: Week of Mar 04: Resistance Training for Performance  
(3% Program Assignment Due) **Gold Gym/A17**

Lab 9: Week of Mar 11: C-V Intensity / C-V Training for Health  
(3% Program Assignment Due) **Gold Gym/A17**  
(Spin Bikes)

Lab 10: Week of Mar 18: C-V Training for Fitness  
(3% Program Assignment Due) **Gold Gym/A17**  
(Spin Bikes)

Lab 11: Week of Mar 25: C-V Training for Performance **Gold Gym/A17**  
(Spin Bikes)

Lab 12: Week of April 01: Low Back Health and Core Training  
(3% Program Assignment Due) **Gold Gym/A17\*\***

Lab 13: Week of Apr 08: Range of Motion and Flexibility **Yoga Room \*\***  
**\*\*\* Week of Apr 01: C-V and Flexibility Assignment Due in Lab**

**Lab 14: Week of Apr 16: No Labs**

## Supplementary Course Information

*In accordance with the University of Calgary Calendar*

### Academic Accommodation Awareness Information:

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

### Plagiarism/Cheating/Other Academic Misconduct: (see Calendar)

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

### Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in exceptional circumstances only which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification prior to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

### FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

### Internet and Electronic Communication Device Information:

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

### Emergency Evacuation/Assembly Points:

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

### Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

### Student's Union:

The Kinesiology Representative is Calindy Ramsden - E-mail: [kinesrep@su.ucalgary.ca](mailto:kinesrep@su.ucalgary.ca)