

<p><b>Instructor:</b> Dr. Jane Shearer  <b>Email:</b> jshearer@ucalgary.ca  <b>Office:</b> KNB 306, 403-220-3431  <b>Office Hours:</b> Office hours: M,W 11:45-12:45</p>	<p><b>Room:</b> KNB 132  <b>Class Time:</b> M,W,F 13:00-13:50  <b>Website:</b> Available on Blackboard</p>
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<p><b>Instructor:</b> Dr. Cheryl Lau  <b>Email:</b> cklau@ucalgary.ca  <b>Office:</b> TBD  <b>Office Hours:</b> By Appointment</p>	<p><b>Teaching Assistant:</b> Lawrence Kirtiadi  <b>Email:</b> lekirtia@ucalgary.ca  <b>Office:</b> KNA 131A  <b>Office Hours:</b> Tues, Th. 13:30-14:30</p>
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**COURSE INFORMATION**

<b>Course Description:</b>	<p>Human Growth and Development is a core course within the Faculty of Kinesiology. Due to biological changes in specific tissues, there are times when the capacity of the body for exercise changes and when the nutritional needs are different. In these states the health of the person may be particularly sensitive to these aspects of lifestyle.</p> <p>CALENDAR DESCRIPTION: The physiological, anatomical, emotional and social changes in human growth and development, with a view to the planning and selection of appropriate programs in physical education, sport, and dance.          Course Hours: H(3-0). Prerequisite(s): <a href="#">Kinesiology 259</a> and <a href="#">260</a>; or Kinesiology 261 and Zoology 361. Corequisite(s): Prerequisite or Corequisite: <a href="#">Kinesiology 303.60</a>, <a href="#">323</a> or Zoology 363.</p>
<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Gain an understanding of the process and stages/pattern of human growth and development from conception to old age. This will focus primarily on physiological and biological aspects.</li> <li>2. Appreciate the 'normal' biology of aging. Understand that both nutrition and activity can independently play roles in human health/disease and also that there is a great deal of interaction.</li> <li>3. Gain an understanding of how nutrition and activity impact the health of the individual at critical times in the lifespan.</li> <li>4. Describe how various systems of the body interact and how, if one or more are compromised during development that this can influence the health of the body later in life.</li> <li>5. Describe how performance is affected by growth, development and aging; and how growth, development and aging are affected by physical activity.</li> </ol>
<b>Skill Objectives:</b>	<ol style="list-style-type: none"> <li>1. The skill of self-directed learning and interpretation of scientific publications.</li> <li>2. The ability to understand the cause-effect relationships between lifestyle and health.</li> <li>3. Develop skills in communicating with peers and in expressing objective opinions.</li> </ol>

	<p>4. Critical thinking, specifically in being able to interpret the class material with the knowledge set of previous courses.</p> <p>5. Developing an appreciation that a given interpretation/answer is not correct in all circumstances but rather depends on the status of the person's health.</p>																								
<p><b>Course Materials:</b></p>	<p>The following texts are recommended. Three copies are available at the Taylor Library Reference Desk. Multiple copies – 1h and 3d loans.</p> <p><i>Growth, Maturation, and Physical Activity-2nd Edition. Robert Malina, Claude Bouchard, Oded Bar-Or. ISBN13: 9780880118828. Human Kinetics Publishers.</i></p> <p>Course notes will be regularly posted on Blackboard to supplement lectures. Students are asked to refer to previous anatomy/physiology text when required. The text for KNES 259/260 will be referenced when required.</p> <p><i>Human Anatomy and Physiology. 8<sup>th</sup> Edition. Elaine Marieb, Katja Hoehn. ISBN13:9780321742322. Pearson Publishing.</i></p> <p><b>IMPORTANT NOTES</b></p> <ul style="list-style-type: none"> <li>- Instructors are not responsible for issues downloading notes. For help, please consult the learning commons or IT support at 220-5555.</li> <li>- The decision to post course notes is at the discretion of individual instructors and guest lecturers. Notes will be posted when available, this may not be until the lecture has concluded. Notes will only be posted as PDFs and may be incomplete.</li> <li>- Marks posted in Blackboard are not official. Mistakes with the system are known to occur. If you notice a mistake, please contact the course instructor.</li> <li>- As this is a large class, and access to email lists are often abused. Given this, access to the mass email list has been removed. However, you will be able to email members of your discussion groups. Abuse of discussion groups will not be tolerated. Participation marks will be removed from a grade in the case of abuse/posting of inappropriate comments.</li> </ul>																								
<p><b>Course Evaluation:</b></p>	<p>Students are responsible for all course material including Blackboard notes, papers, postings, lecture material and assigned readings. Midterms will primarily be short answer/multiple choice format. Participation will be class and Blackboard based. The final will cover all material, but focus on untested material.</p> <table border="1" data-bbox="532 1459 1479 1791"> <thead> <tr> <th><b>Test</b></th> <th><b>Weight (%)</b></th> <th><b>Dates</b></th> </tr> </thead> <tbody> <tr> <td>Initial Quiz</td> <td>5%</td> <td>Jan 16</td> </tr> <tr> <td>Midterm #1</td> <td>30%</td> <td>Feb 8</td> </tr> <tr> <td>Midterm #2</td> <td>30%</td> <td>March 15</td> </tr> <tr> <td>Midterm #3</td> <td>25%</td> <td>April 3</td> </tr> <tr> <td>Final Quiz</td> <td>5%</td> <td>April 12</td> </tr> <tr> <td>Participation</td> <td>5%</td> <td>Various online</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> <td></td> </tr> </tbody> </table>	<b>Test</b>	<b>Weight (%)</b>	<b>Dates</b>	Initial Quiz	5%	Jan 16	Midterm #1	30%	Feb 8	Midterm #2	30%	March 15	Midterm #3	25%	April 3	Final Quiz	5%	April 12	Participation	5%	Various online	<b>TOTAL</b>	<b>100</b>	
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<p><b>Contacting the Instructor:</b></p>	<p>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</p>																								

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.

**IMPORTANT NOTES**

- Emails concerning tests will not be answered 12 h prior to any test. Please prepare in advance. Efforts will be made to answer emails sent prior to this time, however, this is not always possible if there is a backlog.

**Grading Scale:**

Grade	Percent	Grade Point Value	Description
A+	93.0 and above	4.00	Outstanding
A	89.0-92.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	85.0-88.9	3.70	
B+	81.0-84.9	3.30	
B	77.0-80.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	73.0-76.9	2.70	
C+	69.0-72.9	2.30	
C	65.0-68.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	61.0-64.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	57.0-60.9	1.30	
D	54.0-56.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 54.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Plagiarism:**

Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Accordingly, instructors may decide to use originality checking services, such as Turnitin.com, to ensure that submitted work conforms with the university’s Academic Misconduct policy. More information on Academic Misconduct is included below in this outline.

**Additional Course Information:**

A preliminary schedule of lectures/topics and the instructor will be posted on Blackboard.

## **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).