

**FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE  
HH KINE 1020 6.0 – INTRODUCTION TO FITNESS AND HEALTH**

**Term:** Fall/Winter 2022-2023

**Location:** Curtis Lecture Hall (CLH) I

**Time:** Section A: 8:30 - 9:30 am      Section B: 9:30 - 10:30 am

**Days:** Mondays, Wednesdays and some Fridays (refer to “*Lecture and Lab Schedule 2022-23*” on eClass for specific dates)

**Course Instructors:**

*Course Director and Instructor:*

Dr. Jennifer Kuk: [jennkuk@yorku.ca](mailto:jennkuk@yorku.ca)

Dr. Chip Rowan: [crowan@yorku.ca](mailto:crowan@yorku.ca)

*Course Co-Instructors:*

Dr. Michael Riddell: [mriddell@yorku.ca](mailto:mriddell@yorku.ca)

*Laboratory Coordinator & Course e-mail Correspondent:*

Rubin Pooni

ALL course-related emails are to be sent to: [kine1020@gmail.com](mailto:kine1020@gmail.com). Please refrain from emailing the instructors collectively AND individually. You may email a specific instructor if your question is specific to one instructor’s lecture content.

**Course Web Page:**

All information pertaining to the course, lecture notes, announcements, grades, etc. will be posted to the course’s online Learning Management System called **eClass**.

The course site is: <https://eclass.yorku.ca/course/view.php?id=78933>

**Course Materials:**

- A. Lecture Notes (available on eClass)
- B. Lecture Recordings (available on eClass)
- C. Laboratory Manual (***required*** – available in York Bookstore – do NOT purchase used lab manuals as the manual is different this year)
- D. Course Text (***supplemental material only***. Available in the York Library).

**Expanded Course Description:**

An examination of the components and principles of health and fitness with particular attention to methods of evaluation and modification. Topics also include chronic disease, mental health, nutrition, environmental health, national and global initiatives in health promotion, fitness test protocols for occupational and sports applications and certifications for fitness professionals. Through the laboratory component, students will observe, learn, and develop practical skills for administering, and interpreting a variety of health and fitness assessment procedures. Students will gain a deeper understanding of lifestyle and fitness counselling. Students will personally undergo health and fitness assessments and/or be exposed to simulation data for interpretation of exercise tests, etc. in the laboratory sessions in a small group setting.

## **Course Learning Objectives:**

The purpose of this course is to provide an overview of important information to assist students in developing an understanding of the main concepts in the areas of *health* and *fitness*.

The specific objectives of the course are that students will be able to:

- Demonstrate a breadth and depth of knowledge in health and fitness
- Demonstrate knowledge of the terminology and nomenclature in health and fitness
- Work individually or in a group to obtain and analyze fitness and health data.
- Apply practical skills for assessing fitness, health, and movement.

## **Course Structure:**

### **Lectures**

Lectures are in person and will be recorded barring no technical difficulties. Course notes will be available on eClass, generally prior to the lectures. However, there may be some lectures where the instructor will post after the lecture. Due to copyright laws, the lecture notes may be missing some pictures/figures. If you cannot access the KINE1020 eClass site, please email [ukine@yorku.ca](mailto:ukine@yorku.ca) and someone will assist you.

### **Laboratories**

Laboratories are mandatory to attend. Laboratories are in person (Room: **HNES 018**) and **\*\*BIWEEKLY\*\*** (i.e., you attend your IN-PERSON labs every other week in the timeslot indicated on your official timetable). Each lab is ~1 hour and 50 min in length. Each laboratory is assigned to one TA who you will work with and learn from during your laboratories. Please check your York University provided schedule/timetable for your 2-hour lab section. It will be in a 2-hr slot on a weekday (Monday thru Thursday) between 8:30AM and 8:30PM. Laboratories run every other week. Odd number laboratory groups for both lecture sections A and B (i.e., 1, 3, 5, 7, 9... etc.) will meet for lab 1 the week of September 12th while even number laboratory groups for both lecture sections A and B (i.e., 2, 4, 6, 8, 10... etc.) will meet for lab 1 the week of September 19<sup>th</sup>. In total, this course has 12 labs to complete over the full year (6 in the Fall term and 6 in the Winter term). You can miss two laboratories for personal reasons, without penalty, and submit up to 1 accommodated lab assignment for an additional missed lab beyond that for ANY reason. Any accommodations beyond this, need to be approved by your TA and documentation may be required. Your top 10 grades from the labs will be counted for a maximum of 20% of your final grade. Material from all 12 labs will be on the exams.

You must only attend your scheduled laboratory. Permission may be granted by the TA ahead of time for you to attend another lab but only under extenuating circumstances, and on a case-by-case basis. There is **NO virtual Laboratory option**. For all labs, please dress in appropriate clothing (e.g., athletic clothing, comfortable to move in clothing) and come prepared with your lab manual or the appropriate worksheets printed or easily accessible on a device (lab 6 only). The worksheets for each lab are included in the lab manual, except for the Lab 6 worksheets which will be posted on eClass. We strongly encourage students to become familiar with each lab's objectives and required materials before the lab so they can maximize their learning during the lab.

Your eClass site will only allow you access to the lab section that you are registered for (if you do not see your lab section on your eClass, please let us know *via* the Kine 1020 email). Laboratory sessions will be led by your TA. Please keep an eye on eClass for correspondence about your particular lab section from your TA. Your TA's name and email address will be posted under the Laboratory section on the eClass web page.

## **Evaluations:**

### **1. Laboratory Participation & Hand-Ins (20%):**

Lab attendance is mandatory (see below) and students are expected to prepare in advance by reading the provided lab handouts before the start of their lab session. Students will be evaluated on attendance and participation. All STUDENTS MUST PARTICIPATE in their labs at their assigned timeslots. It is strongly encouraged that you attend all the labs so that you are most prepared for the exams.

**Submitting your Lab Hand-Ins:** You should hand in your laboratory assignment/report in lab to your TA. If you need more time to complete the lab, you must hand in your assignment/report *within 24 hours* from the END of your respective laboratory via eClass. ALL submitted work for KINE 1020 must include your full name, student number, lab group number and TA's name.

**Grading:** You will be graded equally on your participation in each laboratory and the quality of the work you hand-in. Together each laboratory is valued at **2% of your final grade** (1% for laboratory attendance and 1% for completed worksheet). You can miss two laboratories for personal reasons, without penalty, and submit up to 1 accommodated lab assignment for an additional missed lab beyond unless there are extenuating circumstances. Your top 10 grades from the labs will be counted for a maximum of 20% of your final grade.

**Accommodated Lab Hand-Ins:** Students with approved accommodations for in-person attendance, can do a summary of the lab along with the relevant worksheets to earn 2% for each laboratory. Approved students will receive the data for the case-studies from their TA so that they can complete the worksheets on their own. Unless there are extenuating circumstances, the summaries and completed worksheets must be handed in on eClass within 1 week of the completion of your normally scheduled lab. In cases where that is not possible, such as sudden and/or prolonged illness, students can discuss specific accommodations needed with their TA on a case-by-case basis.

The accommodated laboratory work will be marked as follows: Worksheet will be worth 1% and the lab summary will be worth 1% for total of 2% per lab. Summaries should be no more than 2 pages double spaced and will be graded as follows: completeness and correctness – 50%; grammar – 25%; formatting – 25%. Worksheets will be graded for correctness. These can be handwritten or typed. Please note that all work must be legible to be graded.

- 2. Guest Lecture Reflection Write-Up (2%):** Students must write a 1-page (double-spaced) reflection in response to the guest lectures on *Mental Health* (scheduled for October 3<sup>rd</sup> and 5<sup>th</sup>, 2022). For example, how have the lectures affected the way you view mental health and seeking help for mental health for yourself and others? Please hand in your assignment *via* eClass using **Turnitin.com** (please see additional details re: Turnitin.com below). *The reflection is due by **Friday Nov 25th @ 5 pm** – 50% deduction if late. No excuses will be accepted (you may hand it in early). Reflections will **not** be accepted after the midterm exam (and will result in a grade of 0%).*
- 3. Quiz (5%)\*:** Students will have a short 20 min in-class quiz on the material up to Oct 24<sup>th</sup>, 2022. There will be no deferrals for the quiz. Students that have university approved reasons for missing the exam will be allowed to have the 5% allocated to their midterm grade. The quiz will be multiple choice.
- 4. Mid-Term Exam (33%)\***  
Written during the December Exam Period (date/time to be announced by the University). Includes all material covered in the **lectures** (including guest lectures) and **laboratories** from the **Fall term**. DO NOT BOOK ANY FLIGHTS UNTIL THE EXAM DATES ARE FINALIZED.

#### 4. **Final Exam (40%)\***

Written during the April Exam Period (date/time to be announced by the University). Includes all material covered in the **lectures** (including guest lectures) and **laboratories SINCE THE MIDTERM EXAM**, plus any INFORMATION FROM THE FALL TERM THAT IS RELIED UPON FOR MATERIAL PRESENTED IN THE WINTER TERM.

\*Quiz and Exams are to be completed in person. Please refer to York's academic integrity/honesty policy (<https://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/>).

**PLEASE NOTE: giving the evolving situation of COVID-19, the course director reserves the right to make additional decisions about the delivery of any course or examination components. This will be communicated to you via email (through eClass), and it will be posted on eClass. Please ensure that you check eClass regularly.**

#### **Grading and Missed Exams:**

**Grading:** The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). (For a full description of York grading system see the Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2012-2013/academic/grades/index.htm>)

**Note:** Final course grades may be adjusted to conform to School of Kinesiology and Health Science or Faculty of Health grades distribution profiles.

**Missed Exams:** Students with a valid reason for missing a course test, such as illness, compassionate grounds, etc., may **request** accommodation from the Course Director. Students must complete a *deferral form* **within 3 weeks of the exam**. If you know you will miss the exam prior to the date, the deferral form should be submitted prior to the exam (i.e. religious accommodation, scheduled surgery, athletic tournament etc.). The deferral form is available online on the Undergraduate student Website and should be submitted with documentation if appropriate (i.e., funeral announcement, letter from Coach for elite tournaments, etc) to [kine1020@gmail.com](mailto:kine1020@gmail.com). Students must also include their full name, lecture section and student I.D. in the email request. **The only** make-up midterm exam will be on Jan 20, 8:30-10:20 am. For the April exam, this exam will be scheduled at least 3 weeks following the final exam. Details will only be shared with students who submit deferral forms.

#### **Correspondence Information:**

Email communication should be reserved primarily for critical issues that need to be resolved **after** reading the course outline. Emails will not be responded to on weekends. **Due to the size of the class, all emails must be directed to the Course Email Correspondent (Ms. Rubin Pooni) at [kine1020@gmail.com](mailto:kine1020@gmail.com).** If needed, the emails will be forwarded to one of the course directors/instructors for reply. The course directors/instructors will be available on an as-needed basis **by appointment only**. Course directors and laboratory TAs will endeavor to respond to student questions, concerns, and requests for meetings as soon as possible and at mutually convenient times, to the best of our ability. For issues that should be vetted through the course email, please do not email multiple sources (i.e., multiple professors as well as the course email) individually and simultaneously.

**All emails must include your name, section and student number and should be written in a professional and courteous manner, otherwise they will not be answered.** Please ensure that email messages are clear and coherent. Avoid slang, text messaging terms, inappropriate language, emoticons, and poor spelling, punctuation, and incorrect grammar. Ensure that there is a proper greeting and closing to your message.

**Please note re: Student Accessibility/Academic accommodation Forms:** Students with university-approved academic accommodations should ensure their form is uploaded to the appropriate portals so we can access the

information accordingly. If you need accommodations for your laboratory, please send a copy to your TA as well. Your TA contact information is on eClass.

### **Other Important Course Information:**

***Destination Graduation - A special combined class for KINE 1000 and KINE 1020 will be held Wed, September 14, 8:30-10:20 in the Tait McKenzie Gym. Team prizes for fun games will be awarded. All participants will receive a special York gift for attending. Please ensure you are wearing running/non-marking shoes to the event.***

All students are expected to familiarize themselves with the following information, available on the Senate Policies, Procedures and Regulations: <https://www.yorku.ca/secretariat/policies/>.

- York's Academic Honesty and Plagiarism Policy and Procedures/Academic Integrity website (<https://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/>)
- York's SPARK (Student Papers and Academic Research Toolkit) website (<https://spark.library.yorku.ca/academic-integrity-what-is-academic-integrity/>)
- Ethics Review Process for research involving human participants (<https://research.info.yorku.ca/research-ethics/>)
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities (<https://accessibility.students.yorku.ca/>)
- Student Conduct Standards (<https://oscr.students.yorku.ca/csrr/standards>)
- Religious Observance Accommodation (<https://registrar.yorku.ca/enrol/dates/religious-accommodation-guidelines-2021-2022>)
- Proctortrack for remote exam proctoring, FAQs (<https://registrar.yorku.ca/proctortrack-faq>)

In efforts to help maintain academic integrity to the fullest extent possible, please familiarize yourself with the University's *Senate Policy on Academic Honesty* (linked above). Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches can be punishable. Further information can be found on the Faculty of Health's website: <https://www.yorku.ca/health/> and here: <https://www.yorku.ca/health/academic-honesty-3/>

To protect further against plagiarism, students will be required to submit some of their written work (i.e., the guest lecture reflection) through Turnitin (*via* the course's eClass page) for a review of textual similarity with other works and the detection of possible plagiarism. By doing so, students will allow their material to be included as source documents in the Turnitin.com reference database, where they will subsequently be used only for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin service are described on the Turnitin.com website. Instructions for submission to Turnitin will be provided on eClass. For additional information, please see <https://uit.yorku.ca/student-services/technology-used-in-courses/assignment-submission-turn-it-in/>.

### **From the Statement of Policy on Free Speech:**

York University reaffirms its commitment to provide an environment conducive to freedom of enquiry and expression where all members of the community may learn, teach, work and live, free from prejudice, inequality and discrimination based on race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, religion, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability. Additional information can be found here: <https://www.yorku.ca/secretariat/policies/>

### **From the Disruptive and/or Harassing Behaviour in Academic Situations Policy:**

York is committed to policies that support the teaching and learning of controversial subject matter. Students and instructors are, however, expected to maintain a teaching and learning environment that is physically safe and conducive to effective teaching and learning for all concerned, and to be civil and respectful at all times within the learning environment, including within classrooms, laboratories, libraries, study halls and other places where academic activities are conducted and in areas proximate to those where academic activities are taking place. Additional information can be found here: <https://www.yorku.ca/secretariat/policies/>

### **Calumet and Stong Colleges' Student Success Programming:**

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email [scchelp@yorku.ca](mailto:scchelp@yorku.ca), and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).
- Are you receiving our weekly email (Subject: "Calumet and Stong Colleges - Upcoming events")? If not, please check your Inbox and Junk folders, and if it's not there then please contact [ccscadm@yorku.ca](mailto:ccscadm@yorku.ca), and request to be added to the listserv. Also, make sure to add your 'preferred email' to your [Passport York personal profile](#) to make sure you receive important news and information.