

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

**Term:** Fall/Winter 2020-2021

**Course Instructors:**

*Course Directors and Instructors:*

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

Dr. Andrea Josse: [ajosse@yorku.ca](mailto:ajosse@yorku.ca)

*Course Co-Instructors:*

Dr. Angelo Belcastro: [anbelcas@yorku.ca](mailto:anbelcas@yorku.ca)

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

**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: *eClass* (formerly Moodle).

The course site is: <https://eclass.yorku.ca/eclass/course/view.php?id=13550>

**Course Structure (asynchronous and synchronous structures):**

**Lectures\***: Mondays, Wednesdays and every other Fridays → **SECTION A**: 8:30-9:20 am EST; **SECTION B**: 9:30-10:20 am EST. Please see full schedule at the end of the syllabus.

\*Most lectures will be pre-recorded and available on our eClass Web Page (see above) by the scheduled class timeslot (i.e. they are taught asynchronously, to allow you to view the content repeatedly and at other times that are convenient for you).

**LIVE Q and A sessions (i.e. synchronous) will take place EVERY** Monday from 9:30-10:30 am EST. The Zoom meeting link is on our eClass web page.

**Laboratories: \*\*BIWEEKLY\*\*** (i.e. you attend your virtual labs every other week only in the timeslot indicated on your University provided timetable). Each lab is ~2-hours in length and accessed online LIVE via Zoom with your assigned teaching assistant (TA) in your timeslot. Please check your York University provided schedule for your 2-hour lab section that will be placed sometime on a weekday (excluding Fridays) between 8:30AM and 8:30PM. See more on the scheduling of your labs below under the heading Laboratory Format.

**Laboratory Coordinators & Course e-mail Correspondents:**

*Ms. Rubin Pooni*

*Mr. Loren Yavelberg*

Course-related emails are to be sent to: [kine1020@gmail.com](mailto:kine1020@gmail.com)

**Laboratory TAs:** List of TAs and email addresses will be posted on our eClass web page.

**Lecture format:**

**Note:** all lectures will be given *via* remote delivery (\*\*NO in-class or on-campus interactions/activities\*\*) and available on or before the scheduled days and times. It is highly recommended to attempt to remain up to speed

with remote lecture deliveries (i.e. 2 or 3 lectures/week). Guest lectures may be delivered live *via* Zoom. You will be notified of a live lecture on our eClass web page.

**Pre-recorded (asynchronous) lectures** will be posted on the 1020 eClass website by 8:30 am EST (i.e. before class), for both Sections A and B. They will be available each Monday, Wednesday and alternate Fridays. The eClass at York website is available to all registered students. If you cannot access the KINE1020 eClass site, please email [ukine@yorku.ca](mailto:ukine@yorku.ca). Students may watch the pre-recorded lecture in class time or at another more suitable time.

**Live drop-in (synchronous) Q and A sessions** will be hosted weekly via Zoom: Mondays 9:30-10:30 am EST. This is a time to ask the lecturers questions on course content or course structure. These sessions are not mandatory. Students should email questions related to the lecture to [kine1020@gmail.com](mailto:kine1020@gmail.com) by no later than noon (12:00 PM EST) on the Sunday prior to the Q-and-A session on Monday in order to have their question addressed during the live Q-and-A session. Students may also sit and listen to the Live Q and A on Zoom and not ask a question. These LIVE drop-in sessions will *NOT* be recorded.

Students are **NOT** permitted record any of the live KINE1020 lectures or Q and A sessions (this is considered a copywrite violation by the University).

### **Laboratory Format:**

**Note:** All laboratories will be given *via* remote delivery (\*\*NO in-class or on-campus interactions/activities\*\*).

Laboratories are mandatory to attend and will be delivered **synchronously**. You must attend the 2-hour laboratory, in real time, that you are registered for as indicated on your timetable. Additionally, your eClass site will only allow you access into the lab section that you are registered for. Laboratory sessions will be led by your TA and will occur over Zoom. Please keep an eye on eClass for correspondence about your particular lab section from your TA. Laboratories will 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 14th 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 21st. In total, this course has 12 labs to complete over the full year term. Again, please refer to our eClass web page for the Zoom link for your specific lab section and be on the lookout for emails or any correspondence from your assigned TA, regularly.

### **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.

### **Course Learning Objectives:**

The purpose of this course is to assist students in developing an overview of the main concepts in the area 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.

### **Laboratory Objectives:**

Students will observe, learn and develop practical skills for administering, and interpreting of, a variety of health and fitness assessment procedures. Through these virtual labs, students will gain a deeper understanding of lifestyle and fitness counselling. All students will personally undergo modified health and fitness assessments and/or be exposed to simulation data for interpretation in these live stream (i.e. synchronous) laboratory sessions in a small group setting supervised by qualified teaching assistants (TAs). ***Thus, it is imperative that students attend these virtual labs, at their designated time slots in real time (virtual labs). For all labs, please dress in appropriate clothing (e.g. athletic clothing, comfortable to move in clothing, appropriate for live camera viewing) with their online laboratory materials, found on eClass. It is strongly encouraged that students are familiar with each lab's objectives and required materials and attend remotely via the scheduled Zoom labs.***

### **Course Materials:**

- A. Lecture Notes (available on eClass)
- B. Lecture Recordings (available on eClass)
- C. Laboratory background materials and assignments (required – available on eClass)
- D. Course Text (strongly recommended - available for purchase and delivery, via the York university Bookstore website: <https://bookstore.yorku.ca/>)

### **Evaluations:**

1. **Laboratory Participation & Hand-Ins (20%):** ALL submitted work for KINE 1020 must include your lab group number and TA's name; please take time to learn and remember your Laboratory number and your TA's name. 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 live via Zoom at their assigned timeslots and hand in a laboratory assignment/report at the completion of each laboratory session (i.e. you must submit your assignment through eClass within 30 minutes after the end of your laboratory timeslot). Late assignments will not be graded. If you have university approved accommodations, please let your TA (and course directors) know. You will be graded equally on your participation in each laboratory and the quality of the work you hand-in. Together these are valued at 2% per laboratory. You can miss two live Zoom laboratories for personal reasons, without penalty, and each additional missed lab beyond that for ANY reason will each result in a loss of 2% (Note: students who have or develop medical/physical limitations are expected to attend virtual laboratories and participate to the degree possible). It is strongly encouraged that you attend all the labs so that you are most prepared for the exams. If you have to miss a lab for medical reasons, please contact your TA to ask about attending a lab in another timeslot. As mentioned above, students are **NOT** allowed to record the synchronous live-stream laboratory sessions or share their personal laboratory materials with other students.
2. **Guest Lecture Reflection Write-Up (2%):** Students must write a 1-page (double-spaced) reflection in response to the guest lecture on Time Management (scheduled for October 26th, 2020, to be presented *live* on Zoom and posted on eClass). For example, how has the lecture affected the way you manage your time? What are ways you need to improve your time management, or strategies that have worked for you? 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 27th @ 5 pm** – 50% deduction if late. No excuses will be accepted, so please hand it in early. (Reflections will not be accepted after the midterm exam).*

### 3. **Mid-Term Exam (38%)\***

Written during the December Exam Period (date/time to be announced by the University).

Includes all material covered in the lectures and laboratories from the Fall term. We may be implementing an online proctored exam format.

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

Written during the April Final Exam Period (date to be announced by the University). Includes all material covered in the lectures and laboratories SINCE THE MIDTERM EXAM, plus INFORMATION FROM THE FALL TERM THAT IS RELIED UPON IN MATERIAL PRESENTED IN THE WINTER TERM. We may be implementing an online proctored exam format.

\*Exams are to be completed individually. Students are **NOT** to seek or receive any help from other students on the exams and are **NOT** to provide help to other students on the exams. This policy will be strictly enforced.

#### **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 documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Director (please email documentation to [kine1020@gmail.com](mailto:kine1020@gmail.com)). Students must also complete a deferral form available online at the Undergraduate Website. Students must contact the course director within 1 week of the missed exam ([kine1020@gmail.com](mailto:kine1020@gmail.com)) and provide the appropriate documentation within 3 weeks of the exam and include their full name, lecture section and student I.D. One make-up exam is generally scheduled 2-4 weeks after the missed exam.

#### **Correspondence Information:**

Email communication should be reserved primarily for critical issues that need to be resolved after reading the course outline. Questions about course content should primarily be raised in the live Monday Zoom Q and A sessions. Emails will not be responded to on weekends. ***Due to the size of the class, all emails must be directed to the Course Email Correspondents (Ms Rubin Pooni and Mr Loren Yavelberg) 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 instructors will be available on an as-needed basis ***by appointment only to be scheduled via Zoom.*** 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.

***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 email their forms to the [kine1020@gmail.com](mailto:kine1020@gmail.com) as soon as possible.

## **Technical Requirements for the Course:**

As described above, the entire course will be delivered remotely using two platforms: **eClass** and **Zoom**, in addition to email correspondence with your assigned TA. Students will interact with the course materials, the Course Directors/instructors, the Laboratory TAs, as well as with one another in these spaces. Therefore, a computer or smart device with internet, a camera and microphone are required to complete the course.

In order to fully participate in this course, students will be required to participate in eClass-based discussion/activities and/or in Zoom-based video conferencing. In addition to stable, higher-speed internet, students will need access to a computer with a webcam and microphone, and/or a smart device that allows for these features. There are many ways to determine your internet connection and speed; for example, there are online tests, such as [Speedtest](#), that can be run. If you prefer not to show yourself via your webcam, you can associate your Zoom and eClass accounts with your name only and an appropriate photo.

You as a student must make every effort to arrange for an adequate internet connection, especially for tests and exams. If you have any specific concerns about your internet connection, you should seek all available options for writing your exam in a location with a stable internet connection. In the event that a student is not confident they can access a reliable internet connection, they should communicate their concerns to their TA/instructor well in advance of the test/exam.

Here are some useful links describing computing information, resources and help for students:

[Student Guide to Moodle](#)

[Student Resources for Moodle FAQs](#)

[Zoom@YorkU Best Practices](#)

[Zoom@YorkU User Reference Guide](#)

[Computing for Students Website](#)

[Student Guide to eLearning at York University](#)

Please note the following about Zoom:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.

## **Other Important Course Information:**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents)

[http://www.yorku.ca/secretariat/senate\\_cte\\_main\\_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm).

- eClass- <https://eclass.yorku.ca>
- Zoom- <https://yorku.zoom.us/>
- 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://futurestudents.yorku.ca/enrol/dates/religious-accommodation-guidelines-2020-2021>)
- 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 according to information can be found on the Faculty of Health's [Academic Integrity Tutorial](#).

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/>.