

Kinesiology 150: How the Body Moves

Instructor

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BSc. Kin

“As we gather here today, we acknowledge that the Prince Albert campus of the University of Saskatchewan is on Treaty Six Territory and the Homeland of the Métis. We pay our respect to the First Nation and Métis ancestors of this place and reaffirm our relationship with one another.”

Email

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Office Hours

By Virtual Appointment or
Before/After Lectures

Course Overview

Welcome to Kin 150! Kin 150 is a truly unique course in which students can take exercise science theory of how the body moves and apply it immediately and directly into a practical setting. This class is great for any student interested in health sciences or education, coaching or rehabilitation. No gymnastics experience is needed.

Class Day/Time:

Mondays

1:00-4:00 pm

My role as your instructor is to facilitate the learning experience and your academic success. Although I can foster the process, learning is ultimately your own responsibility. Please make an effort to be physically and mentally present in class and ready to listen and participate (cell phones and laptops used for lecture / academic purposes only!). If you require additional assistance with the material, or any aspect of the course, please do not hesitate to ask.

Location:

Calico Gymnastics

1908 4th Ave Humbolt, Sk

Criteria to Pass:

Regardless of the marks you receive on assessments in this course, you **MUST** complete all sequences and exams to pass the course.

Course Description

This course introduces students to the theoretical and practical study of human movement. Students will become knowledgeable in the basic exercise science principles underpinning human movement while at the same time developing their own body management skills (moving safely and efficiently). Through the medium of

gymnastics, students will be introduced to the six mechanically-related Movement Patterns from which most human movement evolves: Stationary Positions, Spring, Locomotion, Rotations, Swing, Landing.

Course Materials

1. **Foundations Introduction, Gymnastics Canada; Russell, K (3rd Ed.)**
2. **Artistic Gymnastics, Gymnastics Canada; Russel, K (2nd Ed.)**

Learning Outcomes

By the end of Kin 150, students should be able to:

1. Explain how the body moves through movement patterns
2. Perform movements proficiently and display safe and efficient body management skills
3. Conduct movement sequences from a variety of movement patterns
4. Demonstrate an understanding of scientific modifications to movement
5. Communicate and collaborate with peers in a functional setting
6. Apply knowledge of the fundamental movement patterns to fitness, physical literacy or sport development

Class Format

Kin 150 class format will consist of 1/3 theory (lecture based) to 2/3 application of theory (movement based.)

- If class needs to be moved online for any reason (instructor illness, inclement weather) you will be notified via Canvas

Evaluation Procedures

Type	Percentage	Date(s)
Safety Assignment	5%	January 15
Exam1	20%	January 29
Exam 2	20%	February 26
Exam 3	20%	March 25
Landing Sequence	10%	January 29
Stationary Skills Sequence	10%	March 4
Final Sequence	15%	April 1

Class Schedule

Week	Date	Practical Content	Theoretical Content	Assignments	EXAMS
1	Jan 8	Introduction- Text overview Safe Running The body in Movement The Body Absorbing Movement (feet) The Body Absorbing Movement (Hands)	Origins of the Gym Movement Taxonomies Mechanics of Landings		
2	Jan 15	The Body Absorbing Movement (Rotating) The Body Absorbing Movement (Flat on back)	Kinesiological Terminology Fitness Components		
3	Jan 22	The Body in Stillness (Stationary) The Body in Stillness (Stationary)	Mechanics of Stationary Positions Strength/Power		
4	Jan 29	The Body in Stillness (Stationary)	Endurance Flexibility	Landing Sequence	Exam 1
5	Feb 5	The Body in Stillness (Stationary) Rotation (Transverse Axis) Rotation (Longitudinal Axis)	Motor Attributes Mechanics of Rotation Kinesthetic Sense		
6	Feb 12	Rotation Development of Mini Sequence	Physical/ Motor Attributes		
7	Feb 19	FEBRUARY BREAK NO CLASS			

Week	Date	Practical Content	Theoretical Content	Assignments	EXAMS
8	Feb 26	Practice Stationary Sequence			Exam 2
9	Mar 4	The Body in Explosive Movement (Spring) Combinations of GMPs and Final Sequence Instructions Body in Repetitive Movement (Locomotion on Feet)	Mechanics of Spring Mechanics of Locomotion	Stationary Sequence	
10	Mar 11	Locomotion in Support Locomotion in Hang The Body in Swing			
11	Mar 18	Finalize and Practice Final Sequence			
12	Mar 25	Practice Final Sequence	----	----	Exam #3
13	Apr 1			Final Sequence	

- Please note that the syllabus may change
- Students will be given ample notice of any changes

Exams

Missing a mid-term exam due to illness or other legitimate reasons should be reported to the instructor prior to the exam. If there is no contact with the instructor prior to the mid-term exam or within 48hrs following the mid-term exam, a grade of “0” may be assigned for missing the mid- term exam. If a student is unable to write an exam through no fault of his or her own, students must fill out a declaration of absence form <https://students.usask.ca/documents/registrarial/declaration-of-absence.pdf>

There is NO Final exam for this class.

Diversity and Inclusion Statement: College of Kinesiology

In this course, I intend to present information from an objective perspective; however, many of the resources have been built from voices of privilege and may be inherently subjective. I acknowledge that even though the material in this course is primarily of a scientific nature, it is possible that there may be overt and covert biases in the material due to the lens with which it was written.

I hope to create a learning environment that supports diversity of thought, perspectives, and experiences. I would also like to honour your identity and ensure you feel safe and respected in this classroom. To this effect, I need your help. Please let me know if you have a name or set of pronouns that you would like us to use when communicating with you. If you would prefer to speak to someone outside of this course, our Associate Dean Academic, Professor Alison Oates (alison.oates@usask.ca) is a great resource.

We are all in this journey of growth together. Please let me know about any class-related experiences that made you feel unsafe or uncomfortable. As a fellow student, honour the diversity of your peers. I look forward to a positive, supportive learning experience for us all.

Academic Integrity

The University of Saskatchewan is committed to the highest standards of academic integrity (<https://academic-integrity.usask.ca/>). Academic misconduct is a serious matter and can result in grade penalties, suspension, and expulsion.

Prepare for Integrity

Students are expected to act with academic integrity.

Students are encouraged to complete the Academic Integrity Tutorial to understand the fundamental values of academic integrity and how to be a responsible scholar and member of the USask community (tutorial link: <https://libguides.usask.ca/AcademicIntegrityTutorial>).

Students can access campus resources that support development of study skills, time and stress management, and ethical writing practices important for maintaining academic integrity and avoiding academic misconduct.

Responses to Misconduct

Students are expected to be familiar with the academic misconduct regulations (<https://governance.usask.ca/student-conduct-appeals/academic-misconduct.php#About>).

Definitions appear in Section II of the academic misconduct regulations.

The academic misconduct regulations apply regardless of type of assessment or presence of supervision during assessment completion.

Students are advised to ask for clarification as to the specific expectations and rules for assessments in all of their courses.

Students are urged to avoid any behaviour that could result in suspicions of cheating, plagiarism, misrepresentation of facts. Students should note that posting copyrighted course materials (e.g., notes, questions, assignments or exams) to third party websites or services or other forum or media without permission is an academic or non-academic misconduct offense.

Non-academic offenses are dealt with under the [Standard of Student Conduct in NonAcademic Matters and Regulations and Procedures for Resolution of Complaints and Appeals](#)

Copyright and the Student

Course materials are provided to you based on your registration in a class, and anything created by your professors and instructors is their intellectual property. This includes exams, PowerPoint/PDF slides and other course notes. Additionally, other copyright-protected materials created by textbook publishers and authors may be provided to you based on license terms and educational exceptions in the Canadian Copyright Act (see <http://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>).

Before you copy or distribute others' copyright-protected materials, please ensure that your use of the materials is covered under the University's Fair Dealing Copyright Guidelines available at <http://www.usask.ca/copyright/basics/copyright-policy/fair-dealing-guidelines/index.php>. For example, posting others' copyright-protected materials on the internet (i.e. posted class notes etc.) is not covered under the University's Fair Dealing Copyright Guidelines, and doing so requires permission from the copyright holder (i.e. instructor).

For more information about copyright, please visit: <http://www.usask.ca/copyright/students/rights/index.php>, or contact the University's Copyright Coordinator at copyright.coordinator@usask.ca or 306-966-8817."

COVID-19

During this transition term it is important that we undertake in-person elements of this class safely. In order to do this the university has developed a set of expectations and safety protocols that all students must adhere to if they are to engage in in-person activity.

Throughout the term:

- **Protect the pack:** Right now, the impact of student choices and activities when not on campus cannot be separated from time spent on campus. In order to "protect the pack", the university is asking all students who are doing in-person work to be mindful and do whatever possible to lower the risk that you will contract COVID-19 and bring it onto campus.
- **Know what is required and expected of you:** One of the critical lessons learned in dealing with COVID-19 is knowing that situations can change and we must be flexible and ready to adjust our safety protocols. Instead of listing all of the relevant information in your course outline, the university has created a [webpage](#) where all up-to-date information around returning to campus is listed. **You are responsible for regularly** checking the health and safety guidelines <https://covid19.usask.ca/about/safety.php#Expectations> and knowing what is expected of you throughout the fall term.
- **Follow all guidance:** Students are expected to follow all guidance provided by the University's Pandemic Recovery/Response Team (PRT), College/Department, professors, lab instructors, TAs, and any other staff member involved in the in-person academic program activities (e.g., Protective Services, Safety Resources).
- **Key channels of communication:** If there is a need for the class to pause meeting in-person for a period of time you will be notified. If this occurs, you will be provided with detailed information on what you will need to do in place of the in-person class sessions (e.g., read content posted in Canvas, complete learning activities in Canvas). If such an event occurs students will be notified via Canvas.

If you have tested positive for COVID-19 or have been informed that you are a close contact, as per U of S policies, please contact me via email (Shaunda.Arsenie@usask.ca) ASAP. Be assured, your personal information will not be shared with the class.

How to Report Issues

Questions about the course should be directed to your instructors.

Technical issues with Canvas should be reported to itsupport@usask.ca

To reduce delays, please include the following when reporting an issue:

- Who is affected by this? Provide NSIDs of the instructor or student with the problem. A gmail account does not help us determine who you are. Also provide a phone number and a time when we can call in case we have to connect to your computer to see the problem happening
- What course is having the problem?
- When did the problem happen?
- How do we reproduce the problem? Be specific in regard to which test/lab etc. List step by step of how you get to where you had the problem
- Can you provide a screen shot of the problem?

Student Supports

Access and Equity Services (AES)

Access and Equity Services (AES) is available to provide support to students who require accommodations due to disability, family status, and religious observances.

Students who have disabilities (learning, medical, physical, or mental health) are strongly encouraged to register with Access and Equity Services (AES) if they have not already done so. Students who suspect they may have disabilities should contact AES for advice and referrals at any time. Those students who are registered with AES with mental health disabilities and who anticipate that they may have responses to certain course materials or topics, should discuss course content with their instructors prior to course add / drop dates.

Students who require accommodations for pregnancy or substantial parental/family duties should contact AES to discuss their situations and potentially register with that office.

Students who require accommodations due to religious practices that prohibit the writing of exams on religious holidays should contact AES to self-declare and determine which accommodations are appropriate. In general, students who are unable to write an exam due to a religious conflict do not register with AES but instead submit an exam conflict form through their PAWS account to arrange accommodations.

Any student registered with AES, as well as those who require accommodations on religious grounds, may request alternative arrangements for mid-term and final examinations by submitting a request to AES by the stated deadliness. Instructors shall provide the examinations for students who are being accommodated by the deadlines established by AES.

For more information or advice, visit <https://students.usask.ca/health/centres/access-equity-services.php>, or contact AES at 306-966-7273 (Voice/TTY 1-306-966-7276) or email aes@usask.ca.

Academic Support for Students

Visit the [Learning Hub](#) to learn how the University Library supports undergraduate and graduate students. Attend online or in-person workshops, review online resources or book 1-1 appointments for help with:

- First year experience
- Research
- Study strategies and skills
- Writing
- Math and Statistics

Enrolled in an online course? Explore these resources: [Online Learning Readiness Tutorial](#) and [Netiquette Guide](#).

Teaching, Learning and Student Experience

Teaching, Learning and Student Experience (TLSE) provides developmental and support services and programs to students and the university community. For more information, see the students' website <http://students.usask.ca>.

Financial Support

Any student who faces unexpected challenges securing their food or housing and believes this may affect their performance in the course is urged to contact Student Central <https://students.usask.ca/student-central.php>.


Aboriginal Students' Centre

The Aboriginal Students' Centre (ASC) is dedicated to supporting Indigenous student academic and personal success. The ASC offers personal, social, cultural and some academic supports to Métis, First Nations, and Inuit students. The ASC is in the Gordon Oakes Red Bear Students Centre, which is an intercultural gathering space that brings Indigenous and non-Indigenous students together to learn from, with and about one another in a respectful, inclusive, and safe environment. Visit <https://students.usask.ca/indigenous/index.php> or students are encouraged to visit the ASC's Facebook page <https://www.facebook.com/aboriginalstudentscentre/>

International Student and Study Abroad Centre

The international Student and Study Abroad Center (ISSAC) supports students' success and facilitates international education experiences a USask and abroad. ISSAC is here to assist all international undergraduate, graduate, exchange and English as a Second Language students in their transition to the University of Saskatchewan and to life in Canada. ISSAC offers advising and support on matters that affect international students and their families and on matters related to studying abroad as University of Saskatchewan students. Visit <https://students.usask.ca/international/issac.php> for more information.

College of Kinesiology Student Supports



Students registered in the College of Kinesiology have access to a variety of supports from the members of the Kinesiology Academic Team (KAT). Whether you are looking for academic advising, tutoring, mental health support, or sport-life balance, we have qualified professionals in our College dedicated to you.

For more info: <https://kinesiology.usask.ca/students/undergraduate-students/support.php>

Other Acknowledgements

Thank you to Joel Dyck and Brenda Lanois for their contributions to the course material!