McGill University
Department of Kinesiology and Physical Education

INTRO TO PRINCIPLES IN APPLIED KINESIOLOGY
EDKP 250-001

COURSE OUTLINE, Winter 2020 UPDATE COVID-19

Instructor: Celena Scheede-Bergdahl, PhD.
Email: celena.scheede@mcgill.ca

Co-instructor: Jason Boivin, B.Eng, CSCS
Email: jason.boivin@mcgill.ca

Office Hours: Please contact instructors

LECTURE SCHEDULE (**subject to change with prior notice)		
Week	**Date**	**Description**
1	January 6	Course outlines and class requirements
2	January 13	PATH manual Section A Labs start this week
3	January 20	Section A Final case studies framework to be presented
4	January 27	Section A
5	February 3	Workshop case studies
6	February 10	Shane Sweet: motivational interview techniques
7	February 17	In class assignment (Due March 9)
8	February 24	FKQ visit
9	March 2	***READING WEEK***
10	March 9	Section C: training various populations
11	March 16	~~Section C: training various populations~~ CANCELLED COVID-19
12	March 23	~~Section C: training various populations~~ ~~Section D: professional aspect~~ CANCELLED COVID-19

LAB COMPONENT

Location and time: Thursdays in Currie 304, on the dates and times below

Breakdown: Date	Time	Delivery	Group*	Workshop #
January 9, 2020	OFF			
January 16, 2020	8h35-10h25	In-person	A	1 (1/2 lecture)
January 16, 2020	10h35-12h25	In-person	B	1 (1/2 lecture)
January 16, 2020	15h05-16h55	In-person	C	1 (1/2 lecture)
January 23, 2020	OFF			
January 30, 2020	8h35-10h25	In-person	A	2 (1/2 lecture)
January 30, 2020	10h35-12h25	In-person	B	2 (1/2 lecture)
January 30, 2020	15h05-16h55	In-person	C	2 (1/2 lecture)
February 6, 2020	OFF			
February 13, 2020	8h35-10h25	In-person	A	3 (1/2 lecture)
February 13, 2020	10h35-12h25			

LAB COMPONENT
Amending notes to semester:
The rest of the semester:

- Workshops 6 and 7 are cancelled…
- The workshops, CC's will be posted online anyways, please look and even try them.
- I will be online on April 2 and 9 from 10h35 to 12h25 (the second lab period) to take anyone's questions about the workshops, the case studies, or anything else relevant to the course. You can always send me questions in advance, and I will answer them there.
- I am also always reachable by email.
- Most exercises in these workshops require no equipment, there is no better time to try then now!

Case studies

DUE: April 6, 2020

In your group, please consider the following ~~**5 case studies.**~~ You are responsible for choosing 3 out of the 5 case studies to submit.

The scenario is that each of these clients have come to see you in order to start an exercise training program. Your responsibility is to conduct an initial screening/interview for each of these clients. You may add in any details that would make the case more interesting (ie: personal details, history) as long as you keep to the outlined features of the individual that you have chosen.

Please summarize your findings/impressions and attach the tool inventory check list and necessary forms. The following must be included (please use the questions as a guide):

- Why has this person come to see you?
- Why is it important that this person exercises? What is motivating them?
- Fill out the forms that you believe are applicable to your client (see case study tool inventory sheet).
- Use data provided for each case study and fill in appropriate tool. Think about what the data means and what it is telling you.
- Is there anything missing that you require? Identify the information and provide it.
- Do you require the physician release form? Why or why not? If yes, please fill it out.
- What would you require medical supervision for?
- Are there any contraindications to performing PA? Absolute? Relative? Absolute means that you should NEVER do PA. Relative means that you will do PA only if the benefits outweigh the risks.
- Identify your client's stage of change. How would you use this information?
- Can you identify any barriers to physical activity? How would you address these?

ALL INFORMATION THAT YOU NEED HERE CAN BE FOUND IN YOUR CSEP MANUAL, YOUR SLIDES AND THE CSEP TOOLS (FORMS) THAT I PUT ON MYCOURSES FOR YOU. ALL PHYSICAL FITNESS SCORE INTERPRETATIONS CAN BE FOUND IN YOUR CSEP MANUAL. ALL LAB VALUES CAN BE GOOGLED. NO REFERENCES NEEDED.

This section will be graded as follows (40%):

- **Organization: /5 (based on project as a whole)**
- **Content: /30 (10 points per case)**
- **Originality/creativity: /5 (based on project as a whole)**

CASE 1:

Beatrice is a 66 year old woman, recently retired from her job as an elementary school secretary. She regularly performs aquafit classes and likes to walk. Although she claims to C

at a firm. His job requires him to spend a lot of time travelling in his car. Michael's parents are both still living but his father went on early retirement due to a "small heart attack" that he suffered at age 61.

CASE 5:

Uma is a recent immigrant to Montreal from Turkey, previously working as a translator (Turkish to English). She is a mother to 4 children, in ages ranging from 8 to 16. She is 46 years old and is not familiar to exercising. Her husband, who is originally from Quebec, suggested that she see you in order to get some time out of the house while the children are at school and so that she can meet new people. Even though she seems open to the idea, she does not really understand the Western gym concept. She would like to have more energy as the move has been quite stressful for her. Uma is about 5 kilograms above her normal weight and has indicated that she wants to feel "in better shape". She does not yet have a doctor in Montreal but says that her doctor in Turkey did not inform her of any health concerns. Both of her parents are still alive and in their late 80's, although they are not very active and reside in an assisted living residence.

****

You will now choose **one** of your clients (above) and design an **8 week exercise program**, based on the information that you have acquired. If, in your case study, you have indicated that they required doctor clearance, assume now that this has now happened. Include cardiovascular, strength training, flexibility components, as well as targeting their preferences. How will you assess your client? Describe the exercises that you prescribe. How will you progress your client? Refer back to their "case" as needed. Justify your choices.

The exercise prescription for the case studies:

All the principles needed for exercise prescription are in the lectures slides of the first three workshops: topics include:

- Exercise grouping styles
- Exercise selection
- Exercise order
- Exercise progressions
- Exercise variables
- The FITT principles
- Components of an exercise prescription
- Components of a training session
- Timing of a training session
- Training session weekly scheduling
- Examples of programs

Each team member is expected to contribute to the exercise prescription of the case study. It is easier than ever to set up an online meeting to discuss the prescription.

The prescription will be graded on the following points (for a total of 35):

- 5 points: Exercise selection and order
- 5 points: Exercise progressions and variables
- 5 points: Components and timing of the training session
- 5 points: Components and timing of the training week/weeks
- 5 points: Overall organization and presentation

- 5 points: Originality of content
- 5 points: Deliverables for the client

All group members must document their contribution to the assignment (ie: what you did for the project). These pages (or all on one page) must be attached to the end of your submitted work.

Please note: You will also be required to hand in a case study tool inventory sheet for <u>each</u> case.

TO SUBMIT YOUR PROJECT: PLEASE PUT IN PDF FORMAT (MAKE SURE THAT YOUR PROJECT IS COMPLETE) AND SUBMIT VIA DROPBOX. I WILL SHARE DROPBOX ACCESS WITH YOU SHORTLY. IF YOU PREFER TO SUBMIT A PAPER VERSION, PLEASE CONTACT ME SO WE CAN ARRANGE FOR A DROP OFF TIME.