



PEDS 497: Neuroscience Considerations for Adapted Physical Activity

Instructors: Dr. Joanna Auger and Dr. Kelvin Jones **Location:** Education 277

Phone: Auger (780-492-9620) **Days:** Monday
 Jones (780-492-0650)

Email: joanna.auger@ualberta.ca **Time:** 9:00 - 11:50 am
 kejonas@ualberta.ca

Office: Auger (P320U Van Vliet) **Course** eClass
 Jones (GSB 643) **Web Site:**

Office Hours: Please arrange meetings via email.

Communication: It is strongly recommended that email communication with the instructors be done using the university email system (your @ualberta.ca account). When sending an email to the instructor, the Course Number *PEDS 497* should be in the subject field. Please communicate via email in a professional manner.

For questions related to course content – please use the eClass discussion forum. For emails related to personal matters please copy both instructors on the email. The instructors will be accessible via email during weekday working hours and will do their best to respond to your email within 24hrs. Please do not expect a response to your email on weeknights or over the weekend.

Course Description:	This course will use a physiological approach to examine how neuromuscular impairments present barriers to participation in physical activity for people experiencing disability. Examples covered in class may include issues such as involuntary muscle contraction, fatigue and pain that arise due to a number of different physiological mechanisms.
Pre-requisites:	PERLS 207, PEDS 103, and PEDS 200
Course Objectives:	<ol style="list-style-type: none"> 1. To understand the physiological mechanisms underlying common neuromuscular impairments. The neuromuscular impairments that will be discussed in this offering of the course are involuntary muscle contractions (spasticity), fatigue, and pain. 2. To learn a systematic approach for finding reputable information about physical activity for individuals with neuromuscular impairments. <ol style="list-style-type: none"> a. For example: if physical activity guidelines exist for the population of interest, the student will become aware of the research evidence that contributed to the creation of the guidelines and be able to critically

	<p>appraise this evidence. If physical activity guidelines do not exist for the population of interest, the student will develop the skills to find reputable information on the topic of interest and come up with recommendations for physical activity based on this information.</p> <p>3. To translate knowledge about the physiology of neuromuscular impairments and related physical activity recommendations to community members experiencing neuromuscular impairments (Community Service Learning component – please see additional information below).</p> <ul style="list-style-type: none"> • For example: is it safe (or beneficial) for an individual who experiences spasticity to participate in resistance training? 																																
<p>Community Service Learning:</p>	<p>This course is officially registered as a Community Service Learning (CSL) course and the CSL component of the course is mandatory. The CSL will comprise of students working with community members from a specific organization to provide tailored information about physical activity in relation to neuromuscular impairments. Students will receive CSL credit for this course and can use this credit towards the completion of a certificate in Community Service Learning. For information about the CSL certificate please see: http://www.csl.ualberta.ca/Students.aspx</p>																																
<p>Required Course Materials:</p>	<p>There is no required textbook for this course. However, given that this is an upper-level course a significant amount of reading is expected to be completed by the student. Some readings will be specified by the instructors. In these instances, the readings will be made available via eClass and the U of A Libraries website. Other readings, not specified by the instructors but needed to complete the class assignments and CSL project, will be the responsibility of the student.</p>																																
<p>Course Evaluation and Grading:</p>			<table border="1"> <thead> <tr> <th data-bbox="898 1213 959 1245"><u>Date</u></th> <th data-bbox="1255 1213 1325 1245"><u>Value</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="898 1283 1230 1381">Take home (assigned on: Oct. 10th; due: by 11:00 pm Oct. 19th)</td> <td data-bbox="1255 1283 1308 1314">25%</td> </tr> <tr> <td data-bbox="898 1388 959 1419">2.</td> <td data-bbox="521 1388 881 1451">Community Service Learning Project</td> </tr> <tr> <td data-bbox="898 1457 959 1488">a.</td> <td data-bbox="521 1457 881 1488">Outline of Project</td> </tr> <tr> <td data-bbox="898 1495 959 1526">b.</td> <td data-bbox="521 1495 881 1558">Deliverable for Community Partner</td> </tr> <tr> <td data-bbox="898 1564 959 1596">c.</td> <td data-bbox="521 1564 881 1627">Individual meeting with instructor</td> </tr> <tr> <td data-bbox="898 1633 959 1665">d.</td> <td data-bbox="521 1633 881 1665">Individual Paper</td> </tr> <tr> <td data-bbox="898 1671 959 1703">e.</td> <td data-bbox="521 1671 881 1703">In-class presentation</td> </tr> <tr> <td data-bbox="898 1709 959 1740">3.</td> <td data-bbox="521 1709 881 1740">Final Examination</td> </tr> <tr> <td data-bbox="898 1726 980 1757">Oct. 6</td> <td data-bbox="1255 1726 1308 1757">5%</td> </tr> <tr> <td data-bbox="898 1764 1127 1795">Nov 24 (at the latest)</td> <td data-bbox="1255 1764 1308 1795">20%</td> </tr> <tr> <td data-bbox="898 1801 1013 1833">Oct. 27-31</td> <td data-bbox="1255 1801 1442 1864">Incorporated into paper mark</td> </tr> <tr> <td data-bbox="898 1850 959 1881">Dec 1</td> <td data-bbox="1255 1850 1308 1881">10%</td> </tr> <tr> <td data-bbox="898 1887 959 1919">Dec 1</td> <td data-bbox="1255 1887 1308 1919">5%</td> </tr> <tr> <td data-bbox="898 1925 980 1957">Dec 16</td> <td data-bbox="1255 1925 1308 1957">35%</td> </tr> </tbody> </table>	<u>Date</u>	<u>Value</u>	Take home (assigned on: Oct. 10 th ; due: by 11:00 pm Oct. 19 th)	25%	2.	Community Service Learning Project	a.	Outline of Project	b.	Deliverable for Community Partner	c.	Individual meeting with instructor	d.	Individual Paper	e.	In-class presentation	3.	Final Examination	Oct. 6	5%	Nov 24 (at the latest)	20%	Oct. 27-31	Incorporated into paper mark	Dec 1	10%	Dec 1	5%	Dec 16	35%
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	<ul style="list-style-type: none"> • Prior to each examination, sample exam questions will be provided on eClass. • Evaluation will be completed and expressed in raw marks throughout the course. Grades (using the letter grading system) will be assigned only to the final distribution of mark totals for the course. Grades will be assigned based 																																

	<p>on a combination of absolute achievement and relative performance in this class and remain unofficial until approved by Faculty Council or its designate (i.e. Associate Dean).</p>
<p>Deferred Final Examinations:</p>	<p>A student who cannot write the final examination due to incapacitating illness, severe domestic affliction or other compelling reasons can apply for a deferred final examination. Instructors do not have the authority to grant deferred final exams. An application must be made to the student's Faculty office within 48 hours of the missed examination and must be supported by a Statutory Declaration or other appropriate documentation (Section 23.5.6 of the University of Alberta Calendar). Deferred examinations are a privilege and not a right; there is no guarantee that a deferred examination will be granted. Misrepresentation of Facts to gain a deferred examination is a serious breach of the <i>Code of Student Behaviour</i>.</p> <p>The common dates for writing deferred final examinations for courses in the Faculty of Physical Education and Recreation are as follows: Fall Term 2014: Saturday, January 10th, 2015</p>
<p>Recording of Lectures:</p>	<p>Audio or video recording of lectures, labs, seminars or any other teaching environment by students is allowed only with the prior written consent of the instructor or as a part of an approved accommodation plan. Recorded material is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the instructor.</p>
<p>Attendance:</p>	<p>Given that this course is scheduled once a week over a three hour period of time, attendance at every class is highly recommended. In the event that a student is unable to attend a class, that student is expected to follow up on missed information with fellow classmates.</p> <p><i>"Since presence at lectures, participation in classroom discussions and projects, and the completion of assignments are important components of most courses, students will serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved" (UofA Calendar §23.3 Attendance).</i></p>
<p>Accommodations:</p>	<p>Students who require accommodations in this course due to a disability affecting mobility, vision, learning impairments, or to mental or physical health are advised to discuss their needs with Specialized Support and Disability Services, 2-800 Students' Union Building, Phone: 780-492-3381 or TTY: 780-492-7269.</p>
<p>Academic Support Centre:</p>	<p>Students who require additional help in developing strategies for better time management, study skills or examination skills should contact the Student Success Centre (2-300 Students' Union Building).</p>
<p>Academic Integrity and Honesty:</p>	<p>The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the Code of Student Behaviour (online at http://www.uofaweb.ualberta.ca/governance/StudentAppealsRegulations.cfm) and avoid any behaviour that could potentially result in suspicions of cheating, plagiarism, misrepresentation or aiding and abetting any of these offences.</p>

Academic dishonesty is a serious offence and can result in suspension or expulsion from the University. Students should understand the University of Alberta definitions for this inappropriate behaviour.

30.3.2(1) Plagiarism

No Student shall submit the words, ideas, images or data of another person as the Student's own in any academic writing, essay, thesis, project, assignment, presentation or poster in a course or program of study.

30.3.2(2) Cheating

30.3.2(2)a No Student shall in the course of an examination or other similar activity, obtain or attempt to obtain information from another Student or other unauthorized source, give or attempt to give information to another Student, or use, attempt to use or possess for the purposes of use any unauthorized material.

30.3.2(2)b No Student shall represent or attempt to represent him or herself as another or have or attempt to have himself or herself represented by another in the taking of an examination, preparation of a paper or other similar activity. See also misrepresentation in 30.3.6(4).

30.3.2(2)c No Student shall represent another's substantial editorial or compositional assistance on an assignment as the Student's own work.

30.3.2(2)d No Student shall submit in any course or program of study, without the written approval of the course Instructor, all or a substantial portion of any academic writing, essay, thesis, research report, project, assignment, presentation or poster for which credit has previously been obtained by the Student or which has been or is being submitted by the Student in another course or program of study in the University or elsewhere.

30.3.2(2)e No Student shall submit in any course or program of study any academic writing, essay, thesis, report, project, assignment, presentation or poster containing a statement of fact known by the Student to be false or a reference to a source the Student knows to contain fabricated claims (unless acknowledged by the Student), or a fabricated reference to a source.

30.3.6(4) Misrepresentation of Facts

No Student shall misrepresent pertinent facts to any member of the University community for the purpose of obtaining academic or other advantage. See also 30.3.2(2) b, c, d and e.

30.3.6(5) Participation in an Offence

No Student shall counsel or encourage or knowingly aid or assist, directly or indirectly, another person in the commission of any offence under this Code.

The **Truth In Education (T*I*E) project** is a campus wide educational campaign on Academic Honesty. This program was created to let people know the limits and consequences of inappropriate academic behaviour. There are helpful tips for Instructors and Students. Please take the time to visit the website at:

<http://www.ualberta.ca/tie>

Amendments to the Code of Student Behaviour occur throughout the year. For the most recent version of the Code, visit the University Governance website at <http://www.uofaweb.ualberta.ca/governance/StudentAppealsRegulations.cfm>

Course Content:

Tentative Lecture Schedule (subject to changes at the instructor's discretion)		
DAY	DATE	TOPIC
Mon	Sept 8	Course Introduction Case study
Mon	Sept 15	Meet and Greet with Community Partners The Systematic Review Process: Theory
Mon	Sept 22	The Systematic Review Process: Practice (location: WCM Health Sciences Centre, Room 2F102)
Mon	Sept 29	Spasticity – Part 1
Mon	Oct 6	Spasticity – Part 2 (location: Glenrose Rehabilitation Hospital)
Mon	Oct 13	No Class – Thanksgiving Holiday Take home midterm (to be completed during this week)
Mon	Oct 20	Fatigue – Part 1
Mon	Oct 27	Fatigue – Part 2
Mon	Nov 3	Pain – Part 1
Mon	Nov 10	No Class – Remembrance Day
Mon	Nov 17	Pain – Part 2
Mon	Nov 24	Topic TBD
Mon	Dec 1	In-class Presentations

Final Note: This course outline acts as an understanding between the student and the instructor regarding the details of the course. It is understood that circumstances might develop, during a term, when a change to the course outline makes sense to all concerned. Policy about course outlines can be found in section 23.4(2) of the University Calendar.

Disclaimer: Any typographical errors in this Course Outline are subject to change and will be announced in class. The date of the final examination is set by the Registrar and takes precedence over the final examination date reported in this syllabus.

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