

## **INSPIRE 3AR3**

### **CO1 – Exploring Leadership in Athletics & Recreation**

#### **Fall, 2021**

MCMASTER UNIVERSITY RECOGNIZES AND ACKNOWLEDGES THAT IT IS LOCATED ON THE TRADITIONAL TERRITORIES OF THE MISSISSAUGA AND HAUDENOSAUNEE NATIONS, AND WITHIN THE LANDS PROTECTED BY THE DISH WITH ONE SPOON WAMPUM AGREEMENT.

### **COURSE OFFERING**

Term: Fall 2021

Mode of Delivery: Virtual

Class Dates: Mondays 7:00pm – 9:00pm

### **COURSE COORDINATOR(S)/INSTRUCTOR(S)**

Name: Maggie Cockburn

Email: [cockbumk@mcmaster.ca](mailto:cockbumk@mcmaster.ca)

Office Hours: By appointment. Please schedule via email.

### **COURSE DESCRIPTION**

Sport and recreation are highly valuable platforms for developing leadership potential. Understanding, developing and refining our personal leadership is important for supporting experiences in sport and recreation that are safe, inclusive and meaningful. In this course, students will have an opportunity to better understand their own connections to sport and recreation, develop their leadership potential in their practical experiences, explore sport and recreation from various perspectives and contexts, consider equity, diversity and inclusion in sport and recreation, and establish themselves as leaders in their field, and in alignment with the mission of Athletics and Recreation to cultivate human potential and enrich wellness through recreation and sport.

This course will provide students with the opportunity to explore and participate in active learning in partnership with various units within McMaster's Department of Athletics & Recreation. This course is composed of two major components: 1) Student will complete a minimum of 36 hours of practice or experiential learning in a predetermined role (see below for details) and 2) Students in this course will complete an academic component that is comprised of class, workshops and assignments. Practical experiences can range from student leadership roles (Intramural Game Day Supervisors, Aquatic Supervisors, Senior Camp Counsellors, Mac Athletes Care Executive, Varsity Leadership Committee Executive, Club Presidents, Varsity Team

Captains, etc.) to volunteer roles (Student Field Therapists, Strength & Conditioning student staff) to upper-year student-athletes on interuniversity teams.

## COURSE COMMUNICATIONS

1. Class Time & Student Hours: Synchronous classes will take place using Zoom. Detailed instructions on the use of this platform, including our meeting link and password, will be provided on Avenue to Learn. If you would like to talk after class time, I am available. I also encourage you to email me to make an appointment to meet online.

2. Avenue to Learn: Announcements, lecture content, rubrics, grades and any other notices will be posted to Avenue to Learn. Due to the online nature of the course, this will be our primary method of contact, please check our course page regularly to ensure you do not miss out on important information or announcements.

3. Email: Feel free to email me if you have any questions or concerns. Please ensure that all communication for this course is through your mcmaster.ca email. I will do my best to respond within 2 business days, however, you are welcome to prompt me with a friendly reminder if I have not responded within that time frame.

## COURSE OBJECTIVES

This course will recognize and further encourage students' involvement in their communities and students will reflect on their personal and social responsibility as leaders.

- Students will explore personal leadership styles and connect their co-curricular experience within Athletics and Recreation with their own leadership, mentorship and communication skill development
- Students will explore diverse perspectives and experiences in sport and recreation
- Students will enhance their analysis of sport and recreation through a research topic of their choice
- Students will set goals and perform self-reflection of their co-curricular experience and how that experience is related to their learning journey

## CLASS STRUCTURE

INSPIRE 3AR3 will include a variety of learning materials and resources connected to general course themes. Each week, asynchronous content (readings, videos, articles and other applicable resources) will be available on Avenue. Students will be expected to engage with this content prior to their scheduled weekly synchronous virtual learning periods, which will occur during scheduled class time (Mondays 7:00pm – 9:00pm). Synchronous learning will be a combination of small and large group discussions, largely aimed at guiding students through the course materials and further exploring key ideas, and connections to current events and course themes.

Part of your course grade relies on class participation and discussion. If you anticipate a scheduling conflict between your experiential commitments and the timing of synchronous lectures, please email me as soon as possible to potentially arrange alternative options.

## WEEKLY SCHEDULE

**Week 1** - Lecture Date: Monday September 13

Welcome to 3AR3: Course Orientation

**Week 2** - Lecture Date: Monday September 20

Intentional Leadership: Goal Setting and Reflection

**Week 3** - Lecture Date: Monday September 27 (1<sup>st</sup> Reflection Due)

Exploring Personal Leadership Styles

**Week 4** - Lecture Date: Monday October 4

Exploring Research Topics in Sport and Recreation

*(no lecture Monday October 11)*

**Week 5** - Lecture Date: Monday October 18 (Research Paper Outline Due)

Diverse Perspectives and Experiences in Sport and Recreation

**Week 6** - Lecture Date: Monday October 25

Communication, Feedback, Mentorship

**Week 7** - Lecture Date: Monday November 1

Group Dynamics, Team Building

**Week 8** - Lecture Date: Monday November 8 (Research Paper Due)  
Sport & Recreation Organizational Culture

**Week 9** - Lecture Date: Monday November 15  
Professional Context and Portfolio Development

**Week 10** - Lecture Date: Monday November 22  
*Group Presentations*

**Week 11** - Lecture Date: Monday November 29  
*Group Presentations*

**Week 12** - Lecture Date: Monday December 6 (2<sup>nd</sup> Reflection Due)  
Course Wrap-Up

## COURSE MATERIALS AND RESOURCES

All materials, readings, videos, and additional learning resources will be made available by the Instructor on Avenue to Learn. There is no required textbook for this course.

## ASSESSMENT AND COURSE DELIVERABLES

This course will be comprised of the following assessment components:

### **1. Reflections** – 20% (2 reflections with each worth 10%)

Students will write two (2) guided 500-word reflections that discuss personal experiences through their practice, role or experiential activity within Athletic and Recreation, milestones in the course and personal learning and development plans.

- **1st Reflection** – DUE Monday September 27<sup>th</sup> at 11:59PM (Submit on Avenue to Learn)
- **2nd Reflection** – DUE Monday December 6<sup>th</sup> at 11:59PM (Submit on Avenue to Learn)

### **2. Research paper** – 20% (5% paper outline, 15% final paper)

Students will write a 2000-word research paper exploring a topic of choice related to their practice, experience or personal interests in Athletics and Recreation. Students will explore relevant scholarly literature on a topic that can range from specific practice research (i.e. delivery of intramural programming in a post-secondary institution), current issues addressing an area in Athletics and Recreation (i.e Athletic Scholarships in Canadian Universities) or another topic of interest related to leadership in sport and recreation.

### **Research Paper Outline**

Students will first submit a 1-page outline that will state their research topic, their reason for choosing the topic and 5-7 scholarly sources they have chosen to read for their topic.

**Research Paper Outline – DUE Monday October 18<sup>th</sup> at 11:59PM (Submit on Avenue to Learn)**  
**Final Research Paper – DUE Monday November 8<sup>th</sup> at 11:59PM (Submit on Avenue to Learn)**

### **3. Presentation - 15%**

In groups of 3-4 students will prepare a 10-minute oral presentation that engages the audience in what they have learned through their practice or experience and how it has led to their leadership and professional development. Presentations will be conducted during class time and the instructor will post these dates on Avenue.

**Group Presentations – DUE during class time on Week 10 or 11 (Groups will sign up for presentation time on Avenue to Learn)**

### **4. Participation – 10%**

Students are expected to attend and participate in group discussions during synchronous learning periods and online discussion forums. Engagement in these discussions will be important for consolidation of learning and reflection on course themes, and personal leadership development.

### **5. Evaluation by Supervisor – 35%**

Students will be evaluated by their practice, experience, or placement supervisor. A rubric that assesses: 1) Communication Skills; 2) Personal and Professional Development; 3) Work Effectiveness; and 4) Overall Competency will be shared with both the supervisor and student before the practice, experience or placement begins.

All rubrics for the above assignments will be shared and discussed ahead of each deadline.

## **STUDENTS WITH ACCOMMODATIONS (SAS)**

Please discuss your accommodations with the instructor early in the term so that accommodations can be in place before they are needed.

## **ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES**

Students with disabilities who require academic accommodation must contact Student Accessibility Services (SAS) at 905-525-9140 ext. 28652 or sas@mcmaster.ca to make

arrangements with a Program Coordinator. For further information, consult McMaster University's Academic Accommodation of Students with Disabilities Policy.

## ACADEMIC ACCOMMODATION FOR RELIGIOUS, INDIGENOUS OR SPIRITUAL OBSERVANCES (RISO)

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the RISO policy. Students should submit their request to their Faculty Office normally within 10 working days of the beginning of term in which they anticipate a need for accommodation or to the Registrar's Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

## POLICY ON MISSED WORK, EXTENSIONS, AND LATE PENALTIES

Standard McMaster policies pertaining to missed work (e.g., MSAFs) will apply. Understanding this, extensions and late penalties will be considered and addressed on a case-by-case basis. See below regarding academic accommodations, missed work, and related issues.

## VIRTUAL COURSE DELIVERY

**To follow and participate in virtual classes it is expected that you have reliable access to the following:**

- A computer that meets the performance requirements [found here](#).
- An internet connection that is fast enough to stream video.
- Computer accessories that enable class participation, such as a microphone, speakers and webcam when needed.

If you think that you will not be able to meet these requirements, please contact [uts@mcmaster.ca](mailto:uts@mcmaster.ca) as soon as you can. Please visit the [Technology Resources for Students page](#) for detailed requirements. If you use assistive technology or believe that our platforms might be a barrier to participating, please contact [Student Accessibility Services](#), [sas@mcmaster.ca](mailto:sas@mcmaster.ca), for support.

## E-MAIL POLICY

E-mails must originate from a valid McMaster account, and be sent to the instructor's McMaster email. Please do not use the Avenue messaging function. You must use your McMaster email account to message the instructor. Any email originating from another provider will be deleted (we cannot confirm that the email has come from you).

## ACKNOWLEDGEMENT OF COURSE POLICIES

Your registration and continuous participation to the various learning activities of *INSPIRE 3AR3* will be considered to be an implicit acknowledgement of the course policies outlined above, or of any other that may be announced during lecture or through other communication vehicles. It

is your responsibility to read this course outline, to familiarize yourself with the course policies and to act accordingly. Lack of awareness of the course policies cannot be invoked at any point during this course for failure to meet them. It is your responsibility to ask for clarification on any policies that you do not understand. The instructor reserves the right to modify elements of the course and will notify students accordingly.

## ACADEMIC INTEGRITY

You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity. It is your responsibility to understand what constitutes academic dishonesty.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at <https://secretariat.mcmaster.ca/university-policies-procedures-guidelines/>

The following illustrates only three forms of academic dishonesty:

- Plagiarism, e.g. the submission of work that is not one's own or for which other credit has been obtained.
- Improper collaboration in group work.
- Copying or using unauthorized aids in tests and examinations.

## AUTHENTICITY / PLAGIARISM DETECTION

Some courses may use a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. For courses using such software, students will be expected to submit their work electronically either directly to Turnitin.com or via an online learning platform (e.g. A2L, etc.) using plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

Students who do not wish their work to be submitted through the plagiarism detection software must inform the Instructor before the assignment is due. No penalty will be assigned to a student who does not submit work to the plagiarism detection software. All submitted work is subject to normal verification that standards of academic integrity have been upheld (e.g., online search, other software, etc.). For more details about McMaster's use of Turnitin.com please go to [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

## COURSES WITH AN ONLINE ELEMENT

Some courses may use online elements (e.g. email, Avenue to Learn (A2L), LearnLink, web pages, capa, Moodle, ThinkingCap, etc.). Students should be aware that, when they access the electronic components of a course using these elements, private information such as first and last names, usernames for the McMaster email accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in a course that uses online elements will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure, please discuss this with the course instructor.

## ONLINE PROCTORING

Some courses may use online proctoring software for tests and exams. This software may require students to turn on their video camera, present identification, monitor and record their computer activities, and/or lock/restrict their browser or other applications/software during tests or exams. This software may be required to be installed before the test/exam begins.

## CONDUCT EXPECTATIONS

As a McMaster student, you have the right to experience, and the responsibility to demonstrate, respectful and dignified interactions within all of our living, learning and working communities. These expectations are described in the Code of Student Rights & Responsibilities (the "Code"). All students share the responsibility of maintaining a positive environment for the academic and personal growth of all McMaster community members, whether in person or online.

It is essential that students be mindful of their interactions online, as the Code remains in effect in virtual learning environments. The Code applies to any interactions that adversely affect, disrupt, or interfere with reasonable participation in University activities. Student disruptions or behaviours that interfere with university functions on online platforms (e.g. use of Avenue 2 Learn, WebEx or Zoom for delivery), will be taken very seriously and will be investigated. Outcomes may include restriction or removal of the involved students' access to these platforms.

## REQUESTS FOR RELIEF FOR MISSED ACADEMIC TERM WORK

McMaster Student Absence Form (MSAF): In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar "Requests for Relief for Missed Academic Term Work".

## COPYRIGHT AND RECORDING

Students are advised that lectures, demonstrations, performances, and any other course material provided by an instructor include copyright protected works. The Copyright Act and



copyright law protect every original literary, dramatic, musical and artistic work, including lectures by University instructors.

The recording of lectures, tutorials, or other methods of instruction may occur during a course. Recording may be done by either the instructor for the purpose of authorized distribution, or by a student for the purpose of personal study. Students should be aware that their voice and/or image may be recorded by others during the class. Please speak with the instructor if this is a concern for you.

### EXTREME CIRCUMSTANCES

The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labour disruptions, etc.). Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L and/or McMaster email.