

INSPIRE 3EL3 – Experiential Learning Opportunities

C01 – Movers and Shakers: Leadership & Equity in Hamilton Fitness Communities

Intersession Term, 2023

COURSE OFFERING

Term: Intersession 2023

Mode of Delivery: In-Person

Class Dates: Mondays and Wednesdays, 4:00PM – 7:00PM

Please note that the Intersession 2023 session runs from May 1 – May 26, for a total of four weeks.

SESSIONAL DATES

This class follows the **Intersession term** sessional dates for undergraduate students. After you enroll in the class, you will be able to check the dates by clicking on 'Deadlines' for the class under 'My Schedule' in Student Centre; or by visiting the McMaster Registrar's Office website at <https://registrar.mcmaster.ca/dates-and-deadlines/>.

COURSE INSTRUCTORS

Name: Celeste Licorish

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Name: Mela Pothier

McMaster Email: pothier@mcmaster.ca

Office Hours: By appointment

COURSE DESCRIPTION

This course will explore themes of leadership, equity and community-building, with a focus on inclusive leaders and communities in Hamilton fitness, movement, sports and wellness spaces.

In this experiential course, learners will:

- Meet leaders in the Hamilton movement/fitness/sports community who are driven by equity, diversity and inclusion goals.
- Learn about common barriers to equity and inclusion in movement/fitness spaces and unpack themes related to racism, sexism, fatphobia, ableism, homophobia, transphobia, ageism etc.
- Participate in inclusive, experiential movement opportunities throughout the City.
- Experiment with and reflect on their own movement practice, experience with exercise, sports, movement, etc.

COURSE COMMUNICATIONS

Course materials will be on Avenue to Learn.

Email: Feel free to email if you have any questions or concerns. Please ensure that all communication for this course is through your mcmaster.ca email.

COURSE OBJECTIVES

By the end of this course, learners will be able to:

- Explain the rationale behind equity and inclusion-driven efforts in fitness and movement communities.
- Identify common themes in fitness and movement related to racism, sizeism, ageism, homophobia, transphobia and misogyny.
- Experiment with different types of movement and reflect on their experiences.
- Develop a personal narrative related to their own personal journey.

CLASS STRUCTURE AND SCHEDULE OF TOPICS

Date	Topic
Mon. May 1	Welcome / Course Overview Intro to EDI lens towards movement/fitness/sports
Wed. May 3	Equity-focused, anti-racist and anti-bias approaches in fitness and movement
Mon. May 8	Uplifting Equity-Deserving Youth through Sports Field Trip – STAC Youth Basketball at Bernie Morelli Rec Centre
Wed. May 10	Equity and inclusion in elite sports
Mon. May 15	Size-Inclusion in Movement / Health at Every Size Field Trip – Steel Town Athletic Club - Every Body Crew (inclusive walk/run group at Gage Park)
Wed. May 17	LGBTQ2S+ Inclusion in Sports Guest Speaker: Jeff Lindstrom from Steel City Inclusive Softball Association
Mon. May 22	Self-Directed Movement, Reflection and Portfolio Work
Wed. May 24	Final Presentations, Reflection and Celebration

COURSE MATERIALS AND RESOURCES

All course materials will be available on Avenue to Learn.

ASSESSMENT AND COURSE DELIVERABLES

Please note this is a graded, 3-unit course.

Assessment	Percentage	Due Date	Brief Explanation
Portfolio/ Reflections	70% (15% x 4 weekly reflections and 10% capstone reflection)	May 5 - Week 1 reflection May 12 - Week 2 reflection May 19 - Week 3 reflection May 26 - Week 4 reflection May 30 - Final capstone reflection	Portfolio to capture weekly and final reflections.
Participation	15%	Ongoing	Active participation and attendance.
Group Presentation	15%	May 24	10-15 min presentation/reflection on self-directed movement experience

Portfolio / Reflections

As a reflection of your learning process, you will generate a Portfolio throughout the course. You will create your portfolio on Sway (Microsoft 365). All submissions will be through the Sway platform (not through email or Avenue). Components of your portfolio will include:

Weekly Reflections

Each Friday, you will submit a 500-700 word reflection on your experience with the course that week. This will include responding to new concepts, articulating any surprises or challenges with course content, and reflecting on field trips and guest speakers. These submissions are an opportunity for you to draw connections between the classroom material, community fieldwork trips and guests, and your personal and academic experience. You'll be asked to respond to questions such as: What concepts or experiences stood out to you most this week? How are the concepts/worldviews explored this week different from/similar to your prior experience with movement, leadership and equity?

You are also encouraged to collect artifacts that relate to your experience (may include photographs, video or other materials, so long as the privacy of all participants is respected and sources are cited as appropriate). Due each Friday using Sway. See rubric for further details.

Capstone Reflection

The last component of your Portfolio will be a summary of your experience with the course. It should be approximately 800-1000 words and draw on your experiences in the classroom, connect to course readings, field trips and guest speakers. You'll be asked to respond to questions such as: what stood out to you most from this experiential course? What course concepts continue to challenge you? Which concepts, experiences or guests most impacted your views on fitness, movement, equity and leadership? What are your next steps in terms of movement, your relationship with your body and with your community? This will be completed at the end of the term and due May 30. See rubric for further details.

Self-Directed Learning Experience / Group Presentation

On the last day of class, students will present a summary of their self-directed movement experience as a group. This self-directed movement experience will be selected by the group itself and completed prior to the presentation date. The group can select an activity such as: doing an online activity (strength, stretching, yoga, pilates, meditation, dance) or attending an in-person activity together (a walk at the park, a hike, attending a drop-in recreation program, or a local dance or fitness class). The activity could be completed together as a group or individually, though the presentation would summarize your collective experience.

Creativity is strongly encouraged for this presentation. Students are encouraged to incorporate video, pictures, art, activities or simulations to demonstrate the knowledge they have gathered through the course. See rubric for further details on expectations.

Participation

Class participation and engagement is an important component of this course. Therefore, it is expected that all students will be active participants. This means attending all classes, being actively involved in class activities and thoughtful discussion, and completing all assignments. Participation is worth 15% of your final mark. This will be assessed based on attendance as well as participation during in-class discussion, contributing questions for guest speakers, and working in your small group discussions.

ASSIGNMENT DEADLINES AND MISSED/LATE WORK

Students are expected to hand in all assignments on the specified due dates. All late assignments will be deducted 5% per day (including weekends). Given that some course assignments require electronic submission, you should familiarize yourself with the Avenue to Learn Assignment in advance of the deadlines and ask for assistance, as necessary. Problems with electronic submission will not be accepted as an excuse for lateness.

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 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, 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).

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.

ACKNOWLEDGEMENT OF COURSE POLICIES

Your registration and continuous participation to the various learning activities of *INSPIRE 3EL3* 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.

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.

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.

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”.

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.

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.