HES 212: Exercise Training
August 13, 2025

THE UNIVERSITY OF BRITISH COLUMBIA

Land Acknowledgement

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

HES 212: Exercise Training, Conditioning and Rehabilitation for Health, Fitness and Performance

Faculty: Faculty of Health and Social Development

Department: Health and Exercise Sciences

Instructor: Dr H. Connon (They/them)

Primary contact method: Canvas message

Instructor(s) Email:

Communication preference: canvas message

Office: ART129

Office phone: 250-8078478

Zoom PMI: 316 936 2392

Duration: Term 2 Winter 2026

Delivery Modality: In-Person

Course Location: ASC140

Course Days: Tues/Thurs

Class Hours: 0800-0920

Office hours: Tuesdays 11-12pm - ART129 or in personal zoom room.

Office hours are an invitation to come and informally chat about course-related content, assessments, or general areas of interest. They are a safe and informal place - it is not expected that you come with pre-planned or well-thought-out questions ahead of time.

Lab schedule

Lab	Monday	Lab	Tuesday	Lab	Wednesday
L01	1100-1300	L04	1000-1200	L06	1100-1300
L02	1300-1500	L05	1200-1400	L07	1300-1500
L03	1500-1700			L08	1500-1700

Open lab times to be determined at a later date – sign up required.

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Teaching assistants

Tasha Reiter
Bryce twible
Roddie Sandilands
Nate Adams

Course Description

The theory, practice and analysis of safe and effective exercise training, including the design, implementation and analysis of exercise sessions, training and rehabilitation programs and ongoing monitoring strategies. [3-2-0] 3 Credits. ***Prerequisites:*** *All of HES 101, HES 105, HES 111.*

Course Format

This course combines both lecture and laboratory/tutorial sessions to achieve the learning objectives. The lectures will focus on the key exercise training concepts and principles. Skills and practical applications of session leadership, client interaction, flexibility/mobility, balance, cardiorespiratory (aerobic), musculoskeletal training in various apparently healthy and special populations will be examined. Laboratory activities will provide students exposure to practical application of fitness training and conditioning including the monitoring and adaptation of exercise programs, as well as aspects of effective coaching and communication.

Course Delivery

This course will be conducted in an **in-person format**. It is recommended that students attend all components of the course in order to best support learning. Some course activities will include pre-recorded videos or external resources, but instruction will be primarily in-person, unless extenuating circumstances warrant a modification.

- **Course lectures** will be delivered **in-person** at the locations and times specified for this course. It is recommended to attend lecture to support student learning, unless illness or other extenuating circumstance precludes their attendance. If students are sick, we ask that they not to attend campus, per UBCO policy. Lectures may be recorded and uploaded to the course Canvas website, however students are encouraged to attend class whenever reasonably possible, to have questions answered and engage in collaborative, active learning in the in-person lecture format, which will support their understanding of course content. For any *asynchronous* material (pre-recorded and posted to Canvas the week of the lecture), students are expected to review the material and complete any associated activities (as a check for understanding) prior to participating in any *in-person* components of the lecture.
- **Laboratory experiential learning sessions** will be conducted **in-person** at the locations and times specified for each student's registered laboratory section. Attendance at students' specific registered lab time is mandatory except in cases of illness or extenuating circumstances, and laboratory sessions will not be recorded. Laboratory sessions will involve practical skill development in support of the learning outcomes and course competency assessments.

- **UNNACCOMDATED LAB ABSENCES CARRY A 10% PENALTY**

- **Open lab**: Optional "open lab" times may be provided through the term to provide students opportunities to enhance practical skills using specialized equipment. Students must sign-up for these sessions and conduct themselves in the same professional manner as other course-related activities. If these are available, more information will be provided through the term.

Course Overview, Content, and Objectives

This course is designed to provide a comprehensive overview of the art and science of exercise training for apparently healthy clients and special populations. The course will examine fundamentals for exercise training including: coaching and leadership, safety, monitoring techniques, as well as training for mobility, balance, cardiorespiratory (aerobic), and musculoskeletal conditioning. Specific focus will be placed on developing competence in the practical skills of exercise training, including monitoring and modifying exercises and programming to ensure safe and effective training toward targeted responses and adaptations.

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Describe the physiological bases of exercise training sessions, including the respective adjustments and adaptations in response to different training variables (FITT-VP), modes of exercise and how elements of a training session may be altered to influence these responses.
2. Design and conduct safe and effective exercise training sessions including exercise selection and modification to affect positive changes in exercise and functional capacity, health and performance.
3. Demonstrate safe and effective leadership of individual and group exercise sessions (including cardiorespiratory fitness, muscular strength and endurance, flexibility, coordination and agility exercise modes),
4. Demonstrate accurate clinical and exercise session monitoring, including competent use of equipment and technology.

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Assessments of Learning

Course Assessments	**[% of grade]**	**LEARNING OUTCOMES**
Quiz x 2 (5% each)	[10%]	*LO1, LO2*
Midterm I	[15%]	*LO1, LO2*
Midterm II	[15%]	*LO1, LO2*
Competency assessment I	[20%]	*LO1*, *LO2, LO3, LO4*
Competency assessment II	[40%]	*LO1, LO2, LO3, LO4*

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Course Assessment Details:

Below are brief descriptions of the assessments involved in this course, including course weighting, assessment topics and estimates of time required to complete the assessment (these are estimates to help guide work requirements, however individual students may require more or less time). Due dates of assignments below are approximate and are subject to change based on course progression to permit students appropriate time for completion. Further information for each assessment will be provided during the course.

Quizzes

Questions related to the theoretical components of the course will be assessed via asynchronous, closed book quizzes. Quizzes will be open for a period of time, students are free to take the quiz at any time during the window. Quiz submissions will be individual and submitted primarily via Canvas as written or recorded answers to questions.

Approximate study time: 2 x 30mins
Course Weight: 10% *(2 x 5%)*
Due Date: Jan 27, March 19

Midterm

2 x midterm based on lecture information, assessed via multiple choice, true/false, and short answer questions.

Approximate time: 110mins class time

Course Weight: 30% (2 x 15%)

Due date: Feb 12 March 22

Competency Assessment I – Group Project

Students will complete a practical assessment of their ability to design, implement and analyze a safe and effective training session and conditioning program for a given client. This assessment will consist of three components: i) a written rationalization report for the exercise session design, ii) a group practical skills exam leading an exercise session, iii) a written plan describing the general training programming for the client. All group members must participate in the practical skills exam in various roles, and each member will also complete a peer review.

Approximate time: 4hours prep+ 20min comp assessment
Course Weight: 20%
Due Dates: Week of March 2 *(during lab time)*

Competency Assessment II – Individual Assessment

As a comprehensive assessment of knowledge, skills and professionalism in implementing exercise training, students will be asked to conduct a safe and effective exercise training with a simulated client or clients, at the end of the term. Training scenarios will be chosen from a series of possible scenarios

that were reviewed over the term and students will be asked to safely conduct a specific training session, evaluated by an examiner. Students must also volunteer as a client to support another student's exam unless otherwise noted. As the primary culminating task of the course, this evaluation will be conducted in the last weeks of class or during the examination period. More information related to the evaluation criteria and scheduling will be provided through the term.

Approximate time: 10 hours prep + 30min comp assessment

Course Weight: 40%
Due Date: TBD (During Final Weeks of Term & Examination Period)

Proposed Course Schedule – subject to change

Week	Week state	Class date	Class #	Topic	Lab	Assessment
1	Jan 5	Jan 6	0	M1: Intro	No lab	
1		Jan 8	1	M1: A&P Review		
2	Jan 12	Jan 13	2	M1: EX RX review	1. Learn to lift I	
2		Jan 15	3	M2: Principles of RT I		
3	Jan 19	Jan 20	4	M2: Principles of RT II	2 Learn to lift II	**Quiz 1 opens**
3		Jan 21	5	M2: Building a session		
4	Jan 26	Jan 27	6	M2: Mobility, flexibility, stability, and balance	3 Instruction	**Quiz 1 closes**
4		Jan 29	7	M2: Coaching and monitoring		
5	Feb 2	Feb 3	8	M2: Leading effective sessions	4 Resistance training	
5		Feb 5	9	M2: Flex class		

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6	Feb 9	Feb 10		Review class	5 Small group training	
6		Feb 12		**Midterm I**		
7	Feb 16	Feb 17		Reading week	Reading week	
7		Feb 19		Reading week		
8	Feb 23	Feb 24		Guest lecture	open	
8		Feb 26	10	CV I		
9	March 2	Mar 3	11	CV II	Practical midterm	
9		Mar 5	12	CV III		
10	March 9	Mar 10	13	Special pops I	6 CV	
10		Mar 12	14	Special pops II		**Quiz 2 opens**
11	March 16	Mar 17	15	Special pops III	7 FMS + Flexibility	
11		Mar 19		Review class		**Quiz 2 closes**
12	March 23	Mar 24		Guest lecture	8 Coaching	
12		Mar 26		**Midterm II**		
13	March 30	Mar 31	16	Special topics I	9 – structured open lab	
13		April 2	17	Special topics II		

14	April 6	April 7		Final exam review	Practical Exam	
14		April 9		Free for lab practice		
Final Exam Period				Practical Exam		

Late policy

There are no written assignments in the lecture portion of this class. The practical midterm group project does require a written report – late submissions will incur the standard late penalty of 10% a day for a max of 3 days. After 3 days the grade will be zero.

Missed exam policy

There will be no make-ups for missed exams. Please submit a self-declaration form to the undergraduate coordinator for an accommodation. Once approved a make-up will be scheduled.

Missed Activity Policy:

Lab attendance is mandatory. Each missed lab carries a penalty of 10%. Only sickness or family emergencies will be accommodated. If you need to miss lab for an exceptional circumstance please contact the course instructor.

Assignment review policy:

Students have 10 days from receiving a mark to request a review of their mark. Any requests after this time will be denied.

Passing/Grading Criteria

Standard UBCO grading policies apply, with an overall 50% grade required to pass this course. Students must pass lecture and lab component separately in order to pass the course. If a students receive a grade of <50% on either lab or lecture component then a grade of 49% will be entered.

Learning Materials

Required Readings and Videos

- Canadian Society for Exercise Physiology – Physical Activity Training for Health (CSEP-PATH). (2nd & 3rd Editions accepted). Canadian Society for Exercise Physiology.

- Other Required Resources will be provided throughout the term.

Recommended Readings

- Readings will be provided during the term, as supplemental resources for learning
- Haff, G., & Triplett, N. T. (2016). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- Gordon, B., Chambliss, H., Durstine, J., Jett, D., & Ross, L. (2021). *ACSM's Resources for the Exercise Physiologist: A practical guide for the exercise physiologist* (3rd Ed.). Wolters Kluwer.

Open Lab: In this course, you will be assessed on your competence in a series of skills that relate to Exercise Training. To support your learning of these practical skills, you may be provided opportunities for optional time outside of the scheduled lab session. To engage in these 'Open Lab' sessions, you will need to sign up for a time-slot, attend UCHB with another student in the class, and use equipment responsibly to practice. Staff will be present, but will not lead a session; they will ensure safe practice and may provide feedback. You will need to follow the standard laboratory regulations during Open Labs. Other resources, readings and textbooks will be suggested through the term to support learning.

Other Course Policies

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. **For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course.** Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at:
http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0

Use of Artificial Intelligence (AI) Tools

Generative AI tools (e.g., ChatGPT) may be used to support your learning in this course, but they may not be used on any graded assessments.

You are welcome to use AI to:

- Clarify or review course concepts
- Synthesize and summarize material
- Generate practice questions or study prompts
- Help you prepare for quizzes, midterms, or practical exams

However, **AI tools are strictly prohibited during all assessments**, including:

- The two asynchronous quizzes (lockdown browser required)
- Both in-person midterms
- Both practical exams

Because these assessments evaluate *your own* understanding and applied skills, using AI on them would constitute unauthorized assistance and academic misconduct.

If you choose to use AI tools during your studying or preparation, you are responsible for ensuring that the information is accurate and aligns with course content. You are also accountable for your own learning: AI should complement, *not replace*, your engagement with course material.

If you're ever unsure whether a particular use of AI is appropriate, please check with me.

Final Examinations

You can find the Senate-approved term and examination dates here. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0

Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014

Resources to Support Student Success:

UBC Okanagan Disability Resource Centre

The DRC facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course please contact the DRC at:

UNC 215 250.807.8053
Email: drc.questions@ubc.ca
Web: www.students.ok.ubc.ca/drc

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

UNC 325H 250.807.9291
Email: equity.ubco@ubc.ca
Web: www.equity.ok.ubc.ca

Student Wellness

At UBC Okanagan health services to students are provided by Student Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Student Wellness for more information or to book an appointment.

UNC 337 250.807.9270
Email: healthwellness.okanagan@ubc.ca
Web: www.students.ok.ubc.ca/health-wellness

Office of the Ombudperson

The Office of the Ombudsperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps, recommend resources, plan strategies and receive objective feedback to promote constructive problem

solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

UNC 328 250.807.9818
Email: ombuds.office.ok@ubc.ca

Web: www.ombudsoffice.ubc.ca

Student Learning Hub

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include **tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies**. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

LIB 237 250.807.8491
Email: learning.hub@ubc.ca

Web: www.students.ok.ubc.ca/slh

The Global Engagement Office

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more.

Come and see us – we are here to help! You may also contact geo.ubco@ubc.ca

Safewalk

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at ***250-807-8076.***

For more information, see: www.security.ok.ubc.ca