
Department/Program: School of Human Kinetics

Year: 2006-07, term 2

Course Title: *Active Health*

HKIN 103(3), section 002

Course Schedule: *M,W,, 08:00 – 09:00 pm*

Location(s): *IRC 1*

Instructor: G. Barry Legh

Office location: Osborne Unit II

Office phone: 822-1454

Office hours: *M: 10:30 – 12:00, T:*

10:00 – 2:00pm,

[Home phone:]

E-mail address: barry.leggh@ubc.ca

[Course website address:] www.hkin.educ.ubc.ca/103/pages/intro.htm

Teaching Assistant: Marc Faktor

Office location: Osborne Unit II

Office phone:

E-mail address:

Course Description (from calendar): *Introduction to Individual and societal health issues, fitness appraisal and strength and conditioning methods.*

Prerequisites and/or Course Restrictions (from calendar): *none, but HKIN 190 would help*

Format of the course: *The format of the course will be two - one hour lectures a week and one - two hour lab per week*

Required and Recommended Reading:

Required: *Concepts of Fitness and Wellness*, Corbin CB, et al, McGraw-Hill, 2005

Others

Learning Outcomes:

At the conclusion of this course, successful students will:

- 1. have an understanding of the meanings of, and the importance of Health and Wellness in Canada.*
- 2. have an understanding of the socio-cultural issues surrounding health inequities*
- 3. recognize the importance of physical fitness and wellness across the lifespan*
- 4. have a framework for assessing physical fitness across the lifespan.*
- 5. understand the differences and uses of field tests for assessment.*
- 6. demonstrate proficiency in assessing blood pressure and body composition*
- 7. demonstrate the ability to provide basic programs for physical fitness.*

Course Assignments, Due dates and Grading:

<i>Laboratory reports</i>	<i>30%</i>
<i>Midterm examination</i>	
<i>Tuesday October 24, 2006</i>	<i>35%</i>
<i>April examination</i>	
<i>(during scheduled exam period)</i>	<i>35%</i>

All exams will be held at the scheduled times. The midterm and final will not be rescheduled for any reason, other than a medical exclusion or family emergency (written documentation required). Travel plans made in advance DO NOT constitute an emergency.

Course Schedule: Lecture Outline

Week 1	Health, Wellness and Fitness	Chapter 1
Week 2	Health issues in Canada	Chapter 1, lecture notes
Week 3	Health Benefits of Physical Activity	Chapter 4
Week 4	muscle architecture / cardiovascular anatomy	
Week 5	FITT PRINCIPLES of Exercise prescription	Chapter 3,5
Week 6	Program development - cardio	Chapters 2, 7
Week 7	Program development - strength	MIDTERM
Week 8	Stress and stress management techniques	Chapters 18, 19
Week 9	Pediatric Physiology	Lecture notes
Week 10	Exercise prescription for the child	Lecture notes
Week 11	Geriatric physiology and disease states	Lecture notes
Week 12	Geriatric exercise prescription	Lecture notes
Week 13	Making Informed choices	

FINAL

Last date for withdrawal without a W on your transcript: *N/A*

Last date for withdrawal with a W instead of an F on your transcript: *N/A*

The University accommodates students with disabilities who have registered with the Disability Resource Centre. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. A list of religious holidays involving fasting, abstention from work or study, or participation in all-day or fixed-time activities is available at <http://students.ubc.ca/publications/multifaith/>. Please let your instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar authorized commitments, cannot assume they will be accommodated, and should discuss their commitments with the instructor before the drop date.

Academic Dishonesty: Please review the UBC Calendar “Academic regulations” for the university policy on cheating, plagiarism and other forms of academic dishonesty. Also visit www.arts.ubc.ca and go to the students’ section for useful information on avoiding plagiarism and on correct documentation.

Students should retain a copy of all submitted assignments (in case of loss) and should also retain all their marked assignments in case they wish to apply for a Review of Assigned Standing. Students have the right to view their marked examinations with their instructors, providing they apply to do so within a month of receiving their final grades. This review is for pedagogic purposes. The examination remains the property of the university.