

**HUMAN KINETICS 464**  
**HEALTH PROMOTION AND PHYSICAL ACTIVITY**

**Instructor:**

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**T.A.'s:**

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**Class Times:** Tues/Thurs, 9:30 – 11:00

**Location:** Woodward Instructional Res. Cen. 3

**Description**

The broad goal of the course is to investigate the role of physical activity and inactivity for health, disease and well being from a public health perspective. We will review contemporary perspectives on the political, economic and social basis of physical activity levels and its role in promoting health in Canadian society. Health is more than simply “not being ill” or merely, “being well”. It is a positive quality, extending on a continuum from failing health and death, to an abundant life of satisfaction and personal well being. We will examine current perspectives on health promotion and health education and how education and social policies and approaches can be both health promoting and health compromising for various population groups. We will also examine the design and implementation of health promotion strategies, particularly health promotion/education strategies aimed at encouraging physical activity.

**Objectives**

Students will:

- Understand the prevalence of activity and inactivity in Canada
- Be introduced to and understand the prevalence and nature of diseases, conditions or socio-cultural contexts related to physical activity or inactivity
- Be introduced to and gain knowledge about the benefits of physical activity for health, disease and well being

**Required Reading**

Custom Course reading package available for purchase at the UBC bookstore

**Course Grading**

<b>Mid-term examination:</b>	<b>value: 20%</b>
<b>Triple - Entry Notebook:</b>	<b>value: 10%</b>
<b>Case study - report:</b>	<b>value: 25%</b>
<b>Case study – presentation:</b>	<b>value: 20%</b>
<b>Final examination:</b>	<b>value: 25%</b>

## Lectures and Readings

Although the weekly lectures will be related to the assigned readings, the lectures are far more than an overview of the readings. In many cases, in fact, the readings will act as a supplement to the lecture material, but will not be the focus of the lecture itself. For this reason, attending lectures and doing the readings are both crucial for success in the course. You will be tested on all lecture and reading material.

## Learning Pods

Students will organize themselves into permanent groups of six students. Included in the reading packages are articles to read and complete an entry in your triple entry notebook (these articles are marked TEN). On selected days (see course outline), part of the class will be used to circulate triple entry notebooks, participate in small group activities and class discussions or presentations.

## Other Issues

1. All assignments should be submitted in class on the day they are due. Late assignments will be accepted with a 25% per day penalty.
2. Students are expected to attend every class in order to demonstrate active course interest and participation in **learning pods**. Students who know in advance that they will be unavoidably absent should apply for special accommodation from the instructor as soon as possible to determine how course requirements will be met and how any missed graded work will be completed. Where prior consultation is not possible, students should contact the instructor as soon as possible by e-mail.
3. Students who miss the final examination **MUST** apply to the Undergraduate Advising Office at the earliest possible date to request consideration for Academic Concession. Students will be asked to complete an Academic Concession Form and provide supportive documentation. Academic Concession is a privilege, not a right, and can be granted only by the Undergraduate Advising Office.
4. Students whose attendance or performance may be severely affected by medical, emotional, or other disabilities, should consult with the instructor early in the term (or as soon as possible) to discuss any special accommodations that might be needed in order to complete course requirements. Supportive documentation from either the Disability Resources Centre or a physician must be submitted to the Undergraduate Advising Office.