

COURSE OUTLINE		
TERM: Fall 2021	COURSE NO: KINE 103	
INSTRUCTOR:	COURSE TITLE: Active Health	
OFFICE: LOCAL: E-MAIL:	SECTION NO(S):	CREDITS: 3.0
OFFICE HOURS:		
COURSE WEBSITE:		

Capilano University acknowledges with respect the Lil'wat, Musqueam, Squamish, Sechelt, and Tsleil-Waututh people on whose territories our campuses are located.

COURSE FORMAT

1.5 lecture hours and 1.5 lab hours, plus an additional hour delivered through on-line or other activities for a 15-week semester, which includes two weeks for final exams. Students will engage in group-based learning, labs and lectures.

COURSE PREREQUISITES/CO-REQUISITES

None

CALENDAR DESCRIPTION

This course highlights the role of physical activity and wellness factors in the maintenance of an overall healthy lifestyle. Specific health behaviors associated with chronic disease will be identified along with their health outcomes. The health benefits associated with physical activity and healthy lifestyle choices will be encouraged and behaviour change models considered. Students will apply basic physical fitness principles, theories, exercise methods and techniques associated with positive health outcomes. Students will assess, design and implement personal physical activity and wellness programs using a behavior change model.

COURSE NOTE

KINE 103 is equivalent to HKIN 103 and KIN 143. Duplicate credit will not be granted for this course and either HKIN 103 or KIN 143.

KINE 103 is an approved Science course.

KINE 103 is an approved Lab Science course.

REQUIRED TEXTS AND/OR RESOURCES

Canadian Society for Exercise Physiology, (2019). *CSEP-PATH (Canadian Physical Activity Training for Health)* (2nd Canadian edition).

Fahey, Insel, Roth, and Wong. (2016). *Fit and Well - Core Concepts and Labs in Physical Fitness and Wellness*. (4th Canadian Ed.) McGraw-Hill Ryerson.

COURSE STUDENT LEARNING OUTCOMES

On successful completion of this course, students will be able to do the following:

1. **Implement** field tests for assessment of physical fitness and interpret the outcomes for exercise prescriptions.
2. **Identify** the influence of exercise interventions on the health outcomes associated with poor cardiovascular, musculoskeletal, or spinal health, unhealthy body composition, or reduced mobility.
3. **Describe** the models for exercise adherence and behaviour change and their influence on maintaining healthy lifestyles.
4. **Design** a personal fitness and healthy lifestyle program.
5. **Use** technology common to the collection of fitness and health data.
6. **Recognize** the cultural intricacies involved with the administration of health and fitness testing and programming.

COURSE CONTENT

WEEK	TOPIC (S)
1	<ul style="list-style-type: none"> • Introduction to Course – Overview of Course Content
	Introduction to Wellness, Fitness and Lifestyle Management
2	<ul style="list-style-type: none"> • Lecture: Lifestyle for Health, Fitness and Wellness
3	<ul style="list-style-type: none"> • Lecture: Physical Activity Training for Health/Introduction to Behaviour Change
4	<ul style="list-style-type: none"> • Lecture: Introduction to Wellness, Fitness and Lifestyle Management
	Basic Principles of Physical Fitness and Assessment
5	<ul style="list-style-type: none"> • Lecture: Basic Principles of Physical Fitness • Lab: CSEP Path: Gathering Information Client Information Sheets/Physical Activity Participation Forms/Lifestyle Checklist - Heart Rate and Blood Pressure Assessment
6	<ul style="list-style-type: none"> • Lecture: Body Composition • Lab: CSEP Path: Introduction to Healthy Body Composition Assessment
7	<ul style="list-style-type: none"> • Lecture: Cardiorespiratory Endurance • Lab: CSEP Path: Healthy Aerobic Fitness (mCAFT & Rockport 1 Mile Walk) and blood pressure
8	<ul style="list-style-type: none"> • Lecture: Muscular Strength and Endurance • Lab: CSEP Path: Healthy Musculoskeletal Fitness Assessment and Healthy Back Fitness
	Fitness Testing and Appraisal
9	<ul style="list-style-type: none"> • Full Fitness Testing (Appraisal) • Reflection on Fitness Testing: Grading our Results and Interpretation

	<ul style="list-style-type: none"> Lecture: Developing an Individual Fitness Program Based on your Lab Partner Appraisal
	Applications of Exercise and Health Assessments
10	<ul style="list-style-type: none"> Lecture: Resistance Training/Muscle Fitness/Conditioning Lab 5: Weight Room/ Strength Training
11	<ul style="list-style-type: none"> Aerobic Testing: Submaximal Demonstrations (YMCA Cycle Ergometer, Ebeling Treadmill Test)/ Lab 6: Anaerobic Testing/Estimating Submaximal 1 – RM and Resistance Prescription Lecture: Flexibility and Low Back Health
12	<ul style="list-style-type: none"> Lab: Assessing your Current Level of Flexibility - Stretching and Management of Back Pain/Posture Evaluation/FMS Screening Lecture: Nutrition & Weight Management
13	<ul style="list-style-type: none"> Follow-up Lab Testing and Program Implementation 10 km Run and Personal Goal Evaluation
14 - 15	FINAL EXAM PERIOD

EVALUATION PROFILE

ASSESSMENT	% OF FINAL GRADE	INDIVIDUAL/GROUP
Active Health and Well Being Assignments	20 - 30%	Individual
Lab Assignment(s) Data Collection	15%	Individual
Lab Assignment(s) Data Interpretation	15%	Individual
Quizzes/Exams	20 - 30%	Individual
Personal Fitness and Healthy Lifestyle Program (Case Study)	20%	Individual
Total	100%	

The assignment structure for this course is determined by the instructor in accordance with the learning outcomes outlined above. Please refer to the course syllabus and eLearn site for a detailed breakdown.

GRADING PROFILE

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

Incomplete Grades

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements

are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

Late Assignments

Assignments are due at the beginning of the class on the due date listed. Any late assignment will be penalized 10% per day unless otherwise discussed with the instructor.

Missed Exams/Quizzes/Labs etc.

Will receive a grade of '0' unless **PRIOR** arrangements (wherever possible) are made with the instructor. Permission to make up an exam will only be given in extraordinary situations such as illness of the student or the death of a close family member. **A doctor's certificate, or other proof supporting the reason for the absence, may be required.**

Attendance

Regular class attendance, and participation in course activities and assignments, is expected and likely essential to successfully achieving the course learning outcomes. Students are responsible for any and all content and instructions communicated during scheduled classes, in course handouts, and (if applicable) via course e-mail and websites. In cases where participation by all students is essential for conducting the planned instructional activities, attendance may be mandatory.

English Usage

Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

Electronic Devices

Students may use electronic devices during class for note-taking and research.

On-line Communication

Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or eLearn; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only.

UNIVERSITY OPERATIONAL DETAILS

Tools for Success

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <https://www.capilanou.ca/student-life/>

Capilano University Security: download the [CapU Mobile Safety App](#)

Policy Statement (S2009-06)

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

Academic Integrity (S2017-05)

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information: <https://www.capilanou.ca/about-capu/governance/policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

Academic dishonesty is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

Cheating: Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

Fraud: Creation or use of falsified documents.

Misuse or misrepresentation of sources: Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

Plagiarism: Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

Self-Plagiarism: Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

Prohibited Conduct: The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);

- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

Sexual Violence and Misconduct

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence and Misconduct Policy and B.401.1 Sexual Violence and Misconduct Procedure (found on Policy page <https://www.capilanou.ca/about-capu/governance/policies/>)

Emergencies: Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

DEPARTMENT OR PROGRAM OPERATIONAL DETAILS

Participation:

This mark, if included as part of the assessment items by the instructor, is based on both the frequency and quality of the student's comments, questions, observations, and involvement, with the emphasis on quality. The quality is determined by, among other things, the relevance, insight and clarity of remarks. Preparing the required readings will support a student's ability to participate. The participation mark is also influenced by professionalism (as described below), attitude and punctuality.

Professional Behaviour:

Students must demonstrate a professional attitude and behaviour toward work, fellow students and their instructors. Each student should demonstrate reliability, respect for and cooperation with colleagues. A willingness to work calmly and courteously under difficult conditions as well as a determination to achieve first-class work while meeting deadlines is necessary. Students should display a constructive response to criticism. Professional behaviour include appropriate language use. Appropriate language use involves using respectful, moderate, and inclusive language at all times.

Copyright Policy:

Students are expected to familiarize themselves with and abide by the University's Copyright Policy. The University's Copyright Policy is published on the University website.