



SCHOOL OF KINESIOLOGY

## Physical Activity and Health

KIN2271B / HS2090B

Winter 2015

Instructor: Liza Stathokostas, PhD

Office: Thames Hall 2105A

Email: [lstatho2@uwo.ca](mailto:lstatho2@uwo.ca)

### Calendar Course Description:

This course will focus on the significant impact of a healthy lifestyle, specifically physical activity, on optimal health and well-being. This course will introduce students

activity and health; with a focus on exploring the scientific evidence-base for the derivation of the relationships among physical activity, well-being, and disease.

### My Course Description:

Physical activity is now considered a crucial component of health and can play a significant role in the prevention, management, and treatment of numerous health-related conditions, as well as in overall life satisfaction. As such, the increasing rate of physical inactivity among the Canadian population is a primary health concern. This course will provide a foundation of knowledge in topics related to the relationship between physical activity and health.

Prerequisite(s): None

Course Format: Two lecture hours; Monday 9:30-11:30am, SEB 2200

## Learning Objectives:

Gain an understanding of principle terms to describe and evaluate physical activity, physical literacy, and sedentary behaviour.

Possess general knowledge of the physical activity levels of Canadians.

Gain an understanding of the magnitude of the role of physical activity to health and suitable physical activities to enhance health.

Acquire a basis of the epidemiological evidence related to physical activity and health, with an emphasis on the prevention and treatment of chronic conditions.

Be introduced to the physical activity guidelines for various populations.

Gain an understanding of determinants of physical activity and strategies to change this health behaviour.

Gain insight into physical activity promotion at the community and population level as well as in introduction to currently available resources.

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## Proposed Schedule of Topics:

Week	Topic
1	Introduction to Physical Activity, Exercise, and Sedentary Behaviour
2	Physical Activity Epidemiology and Health
3-5	Physical Activity as Medicine: Prevention, Management and Treatment of Chronic Diseases
6	Physical Literacy
7	Physical Activity Guidelines
8	Introduction to Fitness and Exercise Prescription
9	Personal Determinants of Physical Activity
10	Physical Activity, reW* nBT/F1 11ts20.16 r(, reW* -5 54.264 20.16 reW* nq62b7

**NOTE:** All course information including grades, assignment outlines, deadlines etc. are available via the course page on OWL.

### Course Evaluation Summary:

Online Participation	10%
Online Quizzes (4)	20%
Midterm Exam	30%
Final Exam	40%

### Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any

request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic.

Information Privacy Policy. See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3.

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy** than two examinations in any 24-hour period may request alternative arrangements through *\*This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a

## STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

## ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

## SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>