

# Physical Activity & Health

**KIN 2000B**

**Winter 2017**

**Monday 9:30-11:20am**

**SEB-2200**

## Course Outline

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Instructor: Dr. Vincent Liardi

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Office Hours: Tuesday 100pm-230pm; SH (Somerville House) 2360E

### 1. Course Information

*Description:* This course will focus on the significant impact of a healthy lifestyle, specifically physical activity, on optimal health and wellness. This course will introduce students to, and enhance students' knowledge of concepts in the area of physical activity and health with a focus on exploring the scientific bases of the relationships between physical activity, wellness, and disease. [See the Western Academic Calendar for prerequisites and antirequisites, if any]

Physical activity is considered a vital 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.

### 2. Student Learning Outcomes

Learning Objectives:

1. Gain an understanding of principle terms to describe and evaluate physical activity, physical literacy, and sedentary behaviour.
2. Possess enhanced knowledge of the physical activity levels of Canadians.

3. Understand the magnitude that physical activity impacts health, and which activities optimally enhance wellness.
4. Acquire a basis of the epidemiological evidence related to physical activity and health, with an emphasis on the prevention and treatment of chronic conditions.
5. Be introduced to the physical activity guidelines for various populations.
6. Gain an understanding of determinants of physical activity and strategies to change this health behaviour.
7. Gain insight into physical activity promotion at the community and population level as well as in introduction to currently available resources.
8. Understand the underpinning of the various sub-disciplines of kinesiology, including but not limited to: Sport Sociology, Sport & Exercise Psychology, Coaching Essentials, Nutrition for Healthy Living, Motor Learning & Control, Anatomy & Exercise Physiology, and Athletic Injuries.

### **3. Learning and Teaching Activities**

#### 3.1 Lectures

This class will be lead by Dr. Liardi. Lectures will last ~100 minutes in length. Note-taking is required – slides will NOT be posted or emailed under any circumstances unless otherwise noted in class.

#### 3.2 Supplementary Content

In addition to PowerPoint lectures, links will be posted to written articles and/or videos from varying respectable sources (e.g., the New York Times, Kinesiology Today, TED Talks, etc.). Anything in the Resources > ‘Supplementary Content’ folder is testable on both the midterm and final exam unless otherwise noted.

#### 3.3 Textbook

NONE! All relevant materials have been personally curated from a variety of sources. I determined that the cost/benefit for learning in this course is not significantly enhanced with a supplementary textbook. Thus, you can save your money!

#### 3.4 OWL

OWL supports face-to-face teaching in this unit. You should go to the site at least once a week to check for resource updates (more often as an exam approaches). The OWL site will also be used to post videos/articles that are relevant to the unit, and to support discussion among class participants. In addition, UWO email will be utilized for important updates. Please check regularly (daily).

#### 3.5 Further Support

You should familiarize yourself with the learning and support services at the university.

#### 3.6 Assessment

### 3.6.1 Readings:

Any additional assigned readings may be posted on OWL and/or emailed

### 3.6.2 A non-exclusive list of topics covered:

*Sport Sociology*  
*Sport & Exercise Psychology*  
*Coaching Essentials*  
*Nutrition for Healthy Living*  
*Motor Learning & Control*  
*Anatomy & Exercise Physiology*  
*Athletic Injuries*  
*Physical Activity and Obesity*  
*Physical Activity and Aging*  
*Physical Activity, Hypertension, and Diabetes*  
*Physical Activity and Mortality*  
*Principles of Exercise Training, Programming, and Prescription*  
*Integrating Public Health*  
*Measuring Physical Activity*  
*Cancer & Mental Health*  
*Physical Activity in School and the Environment*  
*Policy Evaluation*

### 3.6.3 Exams

Two exams will be given during the semester – a midterm and a final – to evaluate mastery of learning objectives. The final exam will be cumulative. Each exam may consist of multiple-choice and short answer questions. Make up exams are only permitted for serious and compelling reasons and require documentation (e.g., medical certificate, death certificate). **Failing both exams (<50%) will result in automatic failure of the course regardless of performance on any other assessments.**

## SUMMARY OF ASSESSMENTS

Assessment	Date	Note	Weight
Midterm	Feb. 27 <sup>th</sup>	Approximately first half of topics	35%
Integrative Scenario Report	April 3 <sup>rd</sup>	Two Scenarios Given: Choose <u>One</u> Scenario - Marking Rubric will be posted two weeks before the assignment due date [may be completed as pairs]	20%
Final Exam	TBD	All topics (~65-70% weighted towards second half materials)	45%

### 3.7 Academic honesty and plagiarism

The University is committed to ensuring that all students and staff conduct themselves in an honest, ethical and professional manner. Honesty, integrity and ethical behaviour are cornerstones of the entire academic enterprise, enabling scholastic achievement to be suitably recognized and rewarded. Academic honesty is one of the University's core values.

Academic Dishonesty is defined as “seeking to obtain or obtaining academic advantage (including in the Assessment or publication of Work) by dishonest or unfair means or knowingly assisting another student to do so”.

Academic Dishonesty includes, but is not limited to:

- a. Recycling – that is, the resubmission for Assessment of Work that is the same, or substantially the same, as Work previously submitted for Assessment in the same or in a different class (except in the case of legitimate resubmission with the approval of the Examiner for purposes of improvement);
- b. Fabrication of data;
- c. The engagement of another person to complete or contribute to an Assessment or examination in place of the student, whether for payment or otherwise or accepting such an engagement from another student;
- d. Communication, whether by speaking or some other means, to other candidates during an examination;
- e. Bringing into an examination forbidden material such as textbooks, notes, calculators or computers;
- f. Attempting to read other student’s work during an examination; and
- g. Writing an examination or test paper, or consulting with another person about the examination or test, outside the confines of the examination room without permission.
- h. Copying from other students during examinations.
- i. Inappropriate use of electronic devices to access information during examinations.

Plagiarism means representing another individual’s work as your own.

“Plagiarism is a form of cheating or fraud; it occurs when a student misrepresents the work of another as his or her own. Plagiarism may consist of using the ideas, sentences, paragraphs, or the whole text of another without appropriate acknowledgment, but it also includes employing or allowing another person to write or substantially alter work that a student then submits as his or her own.”

Any incident of plagiarism will be dealt with by the instructor, and will be dealt with in accordance with the procedures set down in the University By-laws for misconduct. Any incident of academic dishonesty may result in a grade of zero for an assessment, a fail grade for the class, referral to the Student Discipline Officer, and disqualification from the University.

To facilitate an environment that is as conducive to learning as possible, please follow these simple rules:

- Please arrive to class on time and do not leave early (unless cleared with me first)
- Please limit your cell phone and internet use in class – you’re here to learn!
- Do not talk or use your cell phone while videos are being shown
- Give your full attention to the instructor or to your classmates when they present information, lead discussions, ask questions, or offer their opinions
- Respect the opinions of your class mates
- Maintain civility during all discussions
- Respect the principles of academic honesty
- Make sure assignments are handed in on time. Meeting a deadline is an essential factor for success in our field. Plan ahead for unforeseen circumstances.
- Retain a copy of all assignments submitted (rec: back-up using Dropbox, Google Drive, etc.)

#### **4. Student Evaluation and Feedback**

I highly value your feedback and will solicit your assistance in evaluating the class. This is typically undertaken through the course evaluations submitted at the end of the semester; however, feel free to offer feedback at any time in person or via email.

## 5. Policies

### 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 The University of Western Ontario, 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>.

### Accommodation for Medical Illness or Non-Medical Absences

[http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf)

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

<https://studentservices.uwo.ca/secure/index.cfm>. Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. 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, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences: Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website:

[http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf).

Additionally, 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.

### 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. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>