

Contemporary Health Issues

Kinesiology 140

Section: D100

Term: 2000 Spring

Instructor: Mr. Stephen Brown

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Discussion Topics: The purpose of the course is:

- to examine health from a holistic perspective, in which health is viewed as the product of physical, psychological, and social well-being.
- to make students aware of the role of personal behaviours (such as diet, exercise, stress management, and drug use) in one's health status
- to improve students' abilities to evaluate health information.

A variety of factors which influence health will be considered, including genetic makeup, environment, nutrition, physical activity, hygiene, drugs, intimate relationships, occupation, socioeconomic status, health care delivery system, and aging.

Grading: Mark distribution

10% - Tutorial: students are expected to be present at tutorial, be prepared to participate in discussions and answer questions when called on.

20% - Assignment: students will research a topic assigned by the instructor, and will write a short paper which discusses this topic using the concepts presented in this course.

20% - Readings (5 @ 4%): throughout the semester, students will be given articles and/or web sites to read. Students will be expected to summarize the authors' claims and the evidence which supports the claims, and discuss the credibility of the article.

20% - Quizzes (5 @ 4%): there will be a 10-minute quiz on recent lecture and/or reading at the beginning of lecture about once every two weeks. A schedule showing the quiz dates will be distributed in week 1.

30% - Final examination: three hours; comprehensive; to be held during the final examination period.

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Required Texts: Insel, P.M. et al., (1998). Core Concepts in Health, Brief Eighth Edition. Mountain View, Calif.: Mayfield Publishing. ISBN 1-55934-915-8.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: Prerequisites

None. A background in science is not required.

Notes: All registration will be conducted by Tele-Reg. No adds will be accepted after the first week of classes.

Format

Two hours of lecture and one hour of tutorial per week.

Attendance at lectures is not required. However, the lectures will not be audio taped. Also, if you choose not to attend class, do not expect that the instructor will repeat the announcements, answer the questions, or provide the handouts which were given in class. Attendance at the first and last lectures is especially recommended. Tutorials will be conducted by a teaching assistant. Tutorials will not be held in the first week of class. A schedule of tutorials will be distributed in week 1. Each tutorial will consist of an opportunity for students to ask for clarification about course material, and one or more structured tutorial activities in which students will apply course concepts.

This outline is derived from a course outline repository database that was maintained by SFU Student Services and the University's IT Services Department. The database was retired in 2014 and the data migrated to SFU Archives in 2015.