

## **Active Health: Assessment and Programming**

Kinesiology 343

Section: D100

Term: 2010 Fall

Instructor: Ryan Dill

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Discussion Topics: Calendar Description

An extension of KIN 143, Exercise Management, designed to provide students with an opportunity to appreciate principles of exercise leadership, assess individual fitness needs, design programs and monitor effects of prescribed exercise. The course includes a 34-hour practicum.

Extended Description

This course is designed to give students an in-depth knowledge of fitness evaluation and counselling. In addition to examining the scientific validity of numerous fitness tests, the practicality of their use in the fitness industry will be discussed. The course also covers the design of exercise regimes for the general public. The course hopes to bridge the gap between academic and practical issues in the areas of fitness evaluation and appraisal. This course is intended for any student who has an interest in the area of fitness evaluation and guidance, be that interest directed towards health care, research, the fitness industry or education.

Grading: Course Evaluation:

Practicum (including Journals) - 20%

Case Study Assignment - 7.5%

Laboratory Log Books - 7.5%

Midterm - 20%

Lab Exam (practical) - 10%

Final - 35% Academic honesty and Student Conduct : Please check policy T10.01 and T10.02 available at <http://www.reg.sfu.ca>.

Note: Your understanding of the Kin 105/205, Kin 142, and especially Kin 143 material will be assumed.

Required Texts: The Canadian Physical Activity, Fitness and Lifestyle Appraisal (CPAFLA), Canadian Society for Exercise Physiology, 3rd ed 2003.

Recommended Texts:

Materials/Supplies:

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Prerequisite/Corequisite: Course Prerequisites:

KIN 142, 143 and 205; STAT 201 (or equivalent)

Notes: Failure to attend an examination

Students who miss examinations due to exceptional circumstances (such as serious illness or compassionate reasons) are required to obtain a physician's certificate, whereby the physician states that you were unable to write your midterm or final on the set date due to a medical condition beyond your control, or other supporting documents in order to obtain consideration in the course. Such documents must be filed with the Dept. Chair (via the Biomedical Physiology and Kinesiology office) or Registrar within four calendar days of the date on which the examination was to have been written. Exceptional circumstances must be approved by the Undergraduate Program Committee in order for a student to receive consideration.

Students must check the exam schedule when making course selections. Students are reminded that final examinations may be scheduled at any time during the examination period and that students should avoid making travel or employment arrangements for this period.

Academic honesty and student conduct

Academic honesty is a condition of continued membership in the University community.

Academic dishonesty, including plagiarism or any other form of cheating is subject to serious academic penalty, i.e. failure on an assignment, failure in a course, suspension or expulsion from the University.

The University codes of student conduct and academic honesty are contained in policies T10.01 and T10.02 which are available in the Course Timetable and on the Web via <http://www.reg.sfu.ca>.

July 2000

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.