

## **Contemporary Health Issues**

Kinesiology 140

Section: D100

Term: 1999 Fall

Instructor: Susan Crawford, Ph.D., R.D.N.

Office: HC 2800

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Office Hours: Tuesday 10:30-11:30

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Discussion Topics: Lectures: Tues. & Thurs. 8:30 to 9:20 am

### Course Description:

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.

This course is designed to give students an introduction to a wide variety of health issues and is intended for any student who has an interest in the area of health. This course is useful as an introduction to human sciences and students will develop an appreciation of critical review of health-related research and reporting.

### EVALUATION

#### Assignments

## Contemporary Health Issues

Students will be required to demonstrate the ability to critically evaluate and discuss current health issues, as well as investigate and report on current health news, health claims/practitioners or products.

### Exams

There will be two midterm examinations throughout the semester. One will be an essay format; and one will be multiple-choice, T/F, and short answer format. The final examination will include material from the entire course with an emphasis on material that has not been examined. Class notes, designated web sites, handouts, and text readings are all examinable. Students are expected to attend tutorials and attendance will be taken and marked towards grades.

Participation in tutorial discussions is an expectation of this course. A prerequisite for this is the student being present in tutorials and able to discuss the issues being addressed.

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 that were given in class.

Grading: Mark Distribution:

Assignment - 20%

Attendance and Participation - 5%

Midterm exam 1 (50 minutes - essay) - 15%

Midterm exam 2 (50 minutes) - 20%

Final exam: - 40%

### Late Assignments

In fairness to all students extensions for assignments or presentations will not be given except for medical extenuating circumstances. The late penalty will be 5% per day. As presentation time in tutorial is limited, students failing to meet the agreed deadline will receive zero for this portion of the assessment.

Required Texts: Insel, Roth, Rollings & Petersen. Core Concepts in Health: Brief 8th Edition. Mayfield Publishing, Mountain View, 1998.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: None. A science background is not required. This is, however, a science-based course. Students will be expected to learn a number of scientific concepts and

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terms throughout the course.

Notes: Note: There will be no tutorials in the first week of classes.

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.