

Exercise Management

Kinesiology 143

Section: D100

Term: 2003 Spring

Instructor: Ryan Dill

OFFICE: K8636

E-MAIL: ryand@sfu.ca

PHONE: 604-291-3344

Discussion Topics: COURSE GOALS: This course is designed to introduce the student to the areas of exercise management and exercise physiology. A secondary goal is to expose the students to a progressive and varied exercise regime which will help them in determining their own lifetime fitness goals and training plan. The importance of individual variation and personal exercise prescription will be emphasized.

COURSE CONTENT: Lectures will cover the basics of human body structure and function as they relate specifically to exercise. The components of fitness will be discussed, as will the training required to progressively improve these parameters. The laboratory sessions are part of an exercise program designed to put into practice the theory presented in the lectures. Lecture and laboratory schedules are included in this handout.

MEDICAL HISTORY: Students will be required to complete a physical activity questionnaire and informed consent prior to commencing the exercise program. Since active participation is an essential feature of the course, students who are unused to physical exertion are advised to undergo a physical examination before the course starts. Individuals with particular physical or medical problems must advise the instructor before classes commence.

Grading: Midterm exam: - 25%

Final exam: - 45%

Participation: - 10%

Personal Health and Fitness Program: - 20%

Required Texts: Fahey, Insel and Roth. Fit and Well, Alternate edition (5th). Mayfield publishing company, 2002.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: None. A background in science is not required although some basic chemistry would be helpful.

Notes: WEB SITE: www.sfu.ca/~ryand/kin143.htm

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LECTURE and LABS begin Jan. 6.

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 School Director (via the 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>.

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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.