

Contemporary Health Issues

Biomedical Physio and Kines 140

Section: D100

Term: 2014 Spring

Instructor: Instructor: Diana Bedoya dbedoya@sfu.ca

Discussion Topics: Course Description:

Kinesiology is the study of human structure and function as they relate to health and disease, and to performance and work and sport, throughout the life cycle.

The purpose of this 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 that influence health will be considered, including nutrition, physical activity, hygiene, drugs, intimate relationships and sexuality, socioeconomic status, health care, and aging.

Lectures:

The lectures will be recorded and are available at www.sfu.ca/~lectures. Please note that there occasionally are technical problems and lectures may not be recorded properly.

Tutorial:

Tutorials will start the second week of classes and are mandatory. There will also be no tutorials the week of the midterm. They are each 1 hour in length. You are required to attend your scheduled tutorial.

There will be a weekly quiz in tutorials which will cover last weeks lecture material.

Canvas:

This course can be accessed online at canvas.sfu.ca. All lecture and course material will be posted on this website. It is also strongly recommended that you make use of the online discussion pages to consult with and help out other students as you progress through the course. Many students also find this extremely helpful when completing their dietary analysis project.

Lecture Topics:

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The Concept of Health

Evaluating Health Information

Infectious Disease

Cardiovascular Disease and Diabetes

Cancer

Physical Activity

Nutrition

Body Weight and Weight Management

Mental Health

Fertility Management

Sexual Health

Sexually Transmitted Infections

Drugs

Health Care Delivery Systems

Environment

Grading: Mark Distribution:

Quizzes: 5% (Every week in tutorials; based on content from the week before (lecture notes, text book))

Lecture Attendance/Participation: 10% (based on iClicker)

Midterm Examination: 25% (written during lecture time)

Presentation: 10%

Paper: 10%

Final Examination: 40% (cumulative, TBA)

Grading Philosophy:

In this course you are graded on a scale. This means that you are not competing against the other students in the class but instead are being measured by our expectations of first-year university work.

Here is the scale that will normally be used.

A+ > 90%

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A 85-90%

A- 80-85

B+ 77-80

B 74-76

B- 70-73

C+ 67-70

C 64-66

C- 60-63

D 50

F < 50

Required Texts: Required Material:

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I-Clicker

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite:

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. Exceptional circumstances must be approved by the Undergraduate Program Committee in order for a student to receive consideration.

Please see the following link detailing the procedure and expectations for class work missed due to illness.

<http://students.sfu.ca/health/healthclinics/sicknotes.html>

The Health Care Provider Statement is available at the link below, along with the following explanation:

If a medical note is appropriate, please bring a Health Care Provider Statement, to your physician for completion, especially if it is required for midterms, term papers and final exams. The completed note should state the limitations caused by your sickness (eg. requires

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bed rest, will not be able to sit for extended periods, cannot concentrate etc).

<http://students.sfu.ca/forms/hcpsfGeneral.pdf>

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>.

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.