

Exercise Management

Kinesiology 143

Section: D100

Term: 1998 Fall

Instructor: Tony Leyland

Room: K8638

Phone: 291-4338

Discussion Topics: This course is designed to introduce the student to the areas of exercise management and exercise physiology. The importance of individual variation and personal exercise prescription will be emphasized. Despite an active lab component there are 13 weeks of theoretical content to this course, do not be misled into thinking this is an easy course.

Since active participation is an essential feature of the course, students unused to physical activity 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. Students should be prepared to engage in additional physical activity outside of laboratory times at least once per week. Students unable to run or exercise due to injury or illness may still register for this course. However, these students must still attend laboratory sessions. If you will not be able to run during this semester but you would be able to do other forms of aerobic exercise (biking, swimming, etc.) you may want to consider taking this course by distance education.

Lecture Topics

Principles of Exercise; Equipment Requirements; Body Structure (basic anatomy); Weight Control & Exercise; Muscular Strength, Endurance and Power; Back Fitness; Cardiorespiratory System; Energy Transfer in the Body; Energy Transfer in Exercise; Training for Anaerobic & Aerobic Power; Nutrition and Sports Performance; Exercise and Thermal Stress; Exercise and Health.

Grading: Midterm 25%

Attendance/Participation 10%

Final exam 50%

Assignment (Personal program) 15%

Required Texts: McArdle, Katch & Katch. Essentials of Exercise Physiology. Lea & Febiger, Philadelphia, 1994.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: None. Grade 11 or 12 Biology would be an asset.

Notes: Clothing

Exercise Management

Students must wear suitable clothing while exercising. As outdoor running is an integral part of the course shoes specifically designed for that purpose are essential. A windbreaker and over-trousers, or sweat-pants are recommended for use during inclement weather.

Laboratory Fee

There will be a laboratory fee of \$8.00 to cover the cost of handouts. Laboratory sessions will commence Wednesday, September 9th in the gym combatives room.

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.