

## **Active Health - Assessment and Promotion**

Kinesiology 343

Section: D100

Term: 2000 Summer

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Discussion Topics: Course Overview

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. Special considerations for athletes, children, older individuals, and those with a variety of medical conditions such as heart disease, asthma, diabetes, and arthritis will be addressed.

### Course Format

A weekly two-hour lecture and two-hour lab, plus 34 hours of practicum work. We arrange the practicum placements, at community centres, gyms, and clinics around the Lower Mainland. You will be placed at a practicum which fits your schedule and the area in which you live.

### Certification option

Students in this course have the option of challenging the Canadian Physical Activity, Fitness and Lifestyle Assessment (formerly called Canadian Standardized Test of Fitness) certification exam. Cost (includes manual, practical exam, registration, and liability insurance) is about \$150.

Labs will be held in the first week of classes. Attendance at the first lecture and lab is expected. Labs and lectures will be conducted by the instructor.

### Grading: Mark distribution

25% - Student practicum

15% - Laboratory work (attendance, participation and short assignments based on activities done in the labs)

20% - Quizzes (short quizzes held at the beginning of lecture to test whether students have

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done the assigned reading for the week)

10% - CPAFLA written examination

30% - Final examination (comprehensive)

Required Texts: Canadian Society for Exercise Physiology (1998). The Canadian Physical Activity, Fitness and Lifestyle Appraisal, Second Edition. ISBN 0-9691374-7-8. Sold at S.F.U. Bookstore.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: Prerequisites

KIN 105 or 205 (formerly KIN 100), 142, and 143.

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 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>.

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.