

Exercise: Health and Performance

Kinesiology 143

Section: D100

Term: 2009 Spring

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Discussion Topics: This course is designed to introduce the student to the areas of exercise management and exercise physiology. The theory and practice of 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 first year 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. Due to practical considerations, running will be a major form of exercise in this course. Students unable to run as part of their exercise program may still register for this course. However, these students must still attend every laboratory session even if unable to participate.

Lecture Topics

Introduction to Wellness and Developing a Fitness Plan, Basic Principles of Exercise, Cardiorespiratory Endurance, Oxygen Transport and Cardiorespiratory Conditioning, Sport Specific Training Programs (Energy Systems), Muscular Strength and Endurance, Flexibility and Back Health, Body Composition, Nutrition, Weight Management, Fitness Programming, Exercise for Sport, Strength and High Intensity Training), Nutrition for Athletes, Active Health (Stress and Cardiovascular Health).

Grading: Midterm - 20%

Attendance/Participation - 10%

Final exam - 50%

Assignment (Personal program)- 20%

Required Texts: None. Detailed readings will be available via the instructor's website. Accessing specific external website information will be required.

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Recommended Texts:

Materials/Supplies: Clothing

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.

Prerequisite/Corequisite: Prerequisites:

None. Grade 11 or 12 Biology would be an asset.

Notes: Lectures commence Monday, January 5.

Laboratory sessions commence Wednesday, January 7. in the gym combatives room.

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.