

Exercise: Health and Performance

Kinesiology 143

Section: D100

Term: 2012 Fall

Instructor: Tony Leyland

Office: K8638

email: leyland@sfu.ca

phone: (778) 782-4338

fax: (778) 782-3040

<http://www.sfu.ca/~leyland/Kin143.html>

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 in 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 will be asked to complete the PAR-Q questionnaire and sign an informed consent. 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 in physical activity.

Lecture Topics

Introduction to Fitness and Developing a Basic Aerobic Fitness Plan; Principles of Physiologic Conditioning; Musculoskeletal Anatomy and Basic Resistance Training; Muscular Strength and Endurance; Oxygen Transport and Cardiorespiratory Conditioning; Energy Systems; Flexibility and Core Conditioning; High Intensity and Sport Specific Training Methods; Body Composition and its Relation to Fitness; Exercise to Improve Body Composition; Basic Nutrition; Nutrition for Active Living and Athletes; Stress, Metabolic Syndrome and Active Living.

Grading: Midterm - 20%

Attendance/Participation - 10%

Final exam - 45%

Assignment (Personal fitness program)- 25%

Required Texts: Anthony Leyland. Exercise: Health and Performance, Kendall Hunt, 2011.

ISBN: 978-0-7575-9573-8

<http://www.kendallhunt.com/store-product.aspx?id=23672>

Recommended Texts:

Materials/Supplies: Clothing

Students must wear suitable clothing while exercising. Outdoor running is an integral part of the course but total mileage per week will be low (2-4.5 miles). A windbreaker and over-trousers, or sweat pants are recommended for use during inclement weather.

Prerequisite/Corequisite: Prerequisites:

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

Exercise: Health and Performance

Notes: Lectures commence Wednesday, September 5th. Laboratory sessions also commence Wednesday, September 5th. in the gym VIP 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 Dept. Chair (via the Biomedical Physiology and 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>.

July 2000

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.