**St. Francis Xavier University: Department of Human Kinetics**

**HKIN115: Principles of Human Movement**

**Fall 2016**

**Instructor:** Dr. Angie Kolen

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Materials relevant to HKIN 115 including course outline, class assignments, PowerPoint slides, suggested readings, etc. will be distributed to students via email.

**Office Hours:**  **Any time I am in my office and my door is open!**

Monday 3:00 to 5:00 p.m.

Tuesday 9:30 to 11:30 a.m.

Wednesday 11:30 to 1:30 p.m.

Thursday 5:00 to 7:00 p.m.

Friday 2:30 to 4:30 p.m.

**COURSE DESCRIPTION:** This course provides an introduction to human kinetics. The functional and psychosocial aspects of human movement form the core components of this course. Topics include: physical activity, physical fitness, healthy eating, stress, heart health, obesity, cancer, and weight management. Three credits and laboratory.

**COURSE OBJECTIVES:** Students will be able to …

1. describe the Human Kinetics program and the diverse field of kinesiology

2. compare and contrast physical activity, physical fitness, exercise, and training

3. explain the triangular relationships among physical activity, physical fitness, and

health

4. identify the nutritional requirements for health and for physically active individuals

5. explain the influence of physical activity on the prevention and

treatment/reduction/delay of stress, heart disease, cancer, and type 2 diabetes

6. clarify how to attain, maintain, and measure the health-related components of physical fitness

7. define overtraining, identify risks of overtraining and how to prevent and treat it

8. define overweight and obesity and describe the role of physical activity, dietary intake, culture, and the environment in their development, prevention, and treatment

9. describe a healthier lifestyle and the behaviour change process

**EVALUATION:**

Midterm Exam (in class) – Thursday, October 8 10%

Laboratory Reports 20%

Assignment 1: Physical activity promotion: the perspective from a one-time experience

Electronic written submission due one week following your experience. 10%

Assignment 2: Promoting Physical Activity

Electronic written submission due no later than 11:59 p.m. November 4 20%

Lab Final Exam (in class) – Tuesday, December 1 10%

Final Exam (TBA) 30%

**DAILY EXPERTS ☺ :** Each class several students will be identified as “daily experts”. These individuals will be given the first opportunity to respond to questions posed to the class. This opportunity is meant as a chance to actively participate in class not as a tool for embarrassment. It is also a ‘lighter’ way to speak in class. Should this opportunity to speak in class NOT appeal to you, please let me know (via email) and I will not ask you to participate in class in this way.

**TEXT (required):** Donatelle, R.J. & Kolen-Thompson, A.M. (2014/2015) Health: The Basics; 6th Canadian Edition. Pearson Canada

**DETAILED SYLLABUS:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Date** | | **Topic** | | **Readings** |
| 1 | Sept 6 | | Introduction | |  |
| 2 | Sept 8 | | Introduction to Labs – with Aldona MacNeil | |  |
| *September 12, 13, 14, 15*  *Lab 1: Using the Library – meet in the entrance of the Angus L. MacDonald Library* | | | | | |
| 3 | Sept 12 | | What can you do with an HKIN degree? | |  |
| 4 | Sept 13 | | Physical activity, physical inactivity, active living, physical fitness, physical education, exercise, training, sedentary behaviours – understanding terminology used in Human Kinetics | | Chapter 4: Pgs 85-88 |
| 5 | Sept 15 | | Physical activity recommendations – for adults, children, youth, older adults, and special populations  Assignment 1 & 2 explanations | | Chapter 4: Pgs 85-88  Physical Activity and Sedentary Behaviour Guidelines http://csep.ca/english/view.asp?x=804 |
| *September 19, 20, 21, 22*  *Lab 2: Physical activity; Learning how it can be measured – meet in OC A 205A* | | | | | |
| 6 | Sept 19 | | | Understanding the physical activity levels and sedentary behaviours of Canadian adults, including university-aged populations | Chapter 4: Pgs 85-88  Physical activity promotion youtube videos |
| 7 | Sept 20 | | | Understanding the physical activity levels and sedentary behaviours of Canadians adults, including university-aged populations | Chapter 4: Pgs 85-88  Physical activity promotion youtube videos |
| 8 | Sept 22 | | | Cancer: understanding what it is, how it develops, personal risk, and the role of physical activity in prevention, treatment, and remission | Chapter 12: Pgs 352-365 |
| Friday, September 23, 7 – 8 a.m. MAIN gym; Fit 4 Frosh | | | | | |
| *September 26, 27, 28, 29*  *Lab 3: Physical activity: Recognizing personal attitudes and behaviours – meet in OC A 205A* | | | | | |
| 9 | Sept 26 | | | Heart disease: types, prevalence, risk factors and prevention | Chapter 12: Pgs 339-351 |
| 10 | Sept 27 | | | Diabetes: types, prevalence, risk factors, prevention, and treatment | Focus on Diabetes: Pgs 409-416 |
| 11 | Sept 29 | | | Mental health: the role of physical activity and exercise | Chapter 2: Pgs 40-44 |
| *Octover 3, 4, 5, 6*  *Lab 4: Dietary intake; Learning how it can be measured – meet in OC A 205A* | | | | | |
| 12 | Oct 3 | Learn about stress, what is it, what causes it, how you reach to it | | | Chapter 3: Pgs 53-75 |
| 13 | Oct 4 | Understanding your stress: how to manage your reactions and reduce its influence on your mind and body | | | Chapter 3: Pgs 53-75 |
| **14** | **Oct 6** | **Midterm Exam – IN Class** | | | All readings noted above + class notes and discussions, NOT lab materials |
| **October 10, Thanksgiving – NO class** | | | | | |
| 15 | Oct 11 | Learning more about healthier eating and drinking | | | Chapter 5: Pgs 117-142; Eating Well with Canada’s Food Guide http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php |
| 16 | Oct 13 | Learning more about healthier eating and drinking - continued | | | Chapter 5: Pgs 117-142  Canada’s Low Risk Drinking Guidelines  http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf |
| *October 17, 18, 19, 20*  *Lab 5: Dietary intake: Recognizing personal attitudes and behaviours – meet in OC A 205A* | | | | | |
| 17 | Oct 17 | Fueling for physical activity, exercise, and sport | | | Chapter 5: Pgs 117-142 |
| 18 | Oct 18 | Fueling for physical activity, exercise, and sport | | | Chapter 5: Pgs 117-142 |
| 19 | Oct 20 | Cardiorespiratory endurance, health benefits, how to develop | | | Chapter 4: Pgs 90-93 |
| Friday, October 21, 7 – 8 a.m. MAIN gym; Fit 4 Frosh | | | | | |
| *October 24, 25, 26, 27*  *Lab 6: Physical fitness: Learning how it can be measured*  *Be prepared to sweat – wear comfortable clothes and sneakers – meet in OC A 205A* | | | | | |
| 20 | Oct 20 | Muscular strength and endurance, health benefits, how to develop | | | Chapter 4: Pgs 93-97 |
| 21 | Oct 21 | Flexibility, health benefits, role in injury prevention, types, how to develop | | | Chapter 4: Pgs 97-100 |
| 22 | Oct 22 | Work out design; Principles of training | | | Chapter 4: Pgs 100-102 |
| *October 31, November 1, 2, 3*  *Lab 7: Physical fitness: Recognizing your personal attitudes and behaviours that have an impact (FITT) – meet in OC A 205A* | | | | | |
| 23 | Oct 31 | What about the performance-related components of physical fitness? | | |  |
| 24 | Nov 1 | Overtraining – reducing your risk, better understanding your body  Reducing risk for common injuries related to physical activity | | | Chapter 4: Pgs 102-105 |
| 25 | Nov 3 | Understanding direct, indirect, and doubly indirect measurements of body composition | | | Chapter 4: Pg 100  Chapter 6: Pgs 157-158  Are you skinny fat? http://www.superskinnyme.com/skinny\_fat.html |
| *November 7, 8, 9, 10*  *Lab 8: Body Composition: Learning how it can be measured*  *Wear comfortable clothes – meet in OC A 205A* | | | | | |
| 26 | Nov 7 | Differentiating overweight and obesity; prevalence, health risks | | | Chapter 6: Pgs 151-157 |
| 27 | Nov 8 | Learning about the factors that contribute to obesity | | | Chapter 6: Pgs 163-168 |
| 28 | Nov 10 | Learning about the factors that contribute to obesity - continued | | | Chapter 6: Pgs 163-168 |
| *November 14, 15, 16, 17*  *Lab 9: Body composition: Recognizing your personal attitudes and behaviours that have an impact – meet in OC A 205A* | | | | | |
| 29 | Nov 14 | Effective Weight Management | | | Chapter 6: Pgs 158-163 |
| 30 | Nov 15 | Body image | | | Focus on Body Image: Pgs 179-188 |
| 31 | Nov 17 | Risks of dieting, underweight, eating disorders, continued | | | Chapter 6: Pgs 160, 169-173 |
| Friday, November 18, 7 – 8 a.m. MAIN gym; Fit 4 Frosh | | | | | |
| 32 | Nov 21 | Lab final exam preparation | | |  |
| 33 | Nov 22 | Lifestyle and behaviour change - theories | | | Chapter 1: Pgs 8-20 |
| 34 | Nov 24 | Lifestyle and behaviour change – apply to your life and circumstances | | | Chapter 1: Pgs 8-20 |
| 35 | Nov 28 | Physical activity and aging | | |  |
| **36** | **Nov 29** | **Laboratory Final Exam – IN class** | | | All readings and materials associated with Labs 2 though 9 |
| 36 | Dec 1 | Final exam preparation  A few more things to look forward to at X | | |  |