

SAMPLE COURSE OUTLINE

Creation date: Jan 24, 2020

Revision date: Jan 24, 2020

Course Code, Number, and Title:

KINS 1100: Biodynamics of Physical Activity

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 2.0 h + Lab 2.0 h

Credits: 3

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

An introductory course on the fundamentals of human physiology and anatomy. The course covers musculoskeletal anatomy as well as the physiological systems influenced during human movement. These include the skeletal, muscular, nervous, cardiovascular, respiratory, and metabolic systems.

Learning Outcomes:

Upon successful completion of this course, students will be able to

- Explain the basic chemical level of human organization
- Recognize the various cellular structures found across the human organ systems
- Explain the major physiological processes involved in various human organ systems
- Summarize the essential homeostatic changes the human body exhibits in response to physical activity
- Identify major anatomical structures of the skeletal, muscular, nervous, cardiovascular, and respiratory systems
- Outline the actions of major skeletal muscles in their application to a physical activity setting

Instructor(s): TBA

Office: TBA

Phone: (604) 323-XXXX

Email: TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Information unavailable, please consult Department for details

"This generic outline is for planning purposes only".

For textbook information, visit https://mycampusstore.langara.bc.ca/buy_courselisting.asp?selTerm=3|8

Note: *This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.*

Assessments and Weighting:

(An example of assessments might be:) %

Midterm: 25%

Lab: 40%

Final Exam: 35%

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Information unavailable, please consult Department for details

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Information unavailable, please consult Department for details

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

“This generic outline is for planning purposes only”.