

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

KINS 1120: Heath and Exercise Management

Course Format:

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

Lecture 2 h + Seminar 0 h + Lab 2 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

An important role of kinesiologists in society is to provide information and services related to health and exercise. In this course, students explore the role of physical activity in promoting health and wellness, examine risk factors associated with chronic disease, and study basic principles of fitness and training. Through participation in experiential activities, students practice techniques of assessing the health- and skill-related components of fitness.

Prerequisites: None

Corequisites: None

Learning Outcomes:

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

- Specify and define health- and skill-related fitness components and relate them to scientific training principles;
- Design and demonstrate exercises based on the foundations of physical assessment, program design, and exercise management;
- Conduct and participate in basic fitness assessments for the purpose of fitness classification, goal setting, and exercise program design;
- Perform basic movement patterns to increase physical literacy.

Instructor(s): TBA

Office: TBA **Phone:** 604 323 XXXX **Email:** TBA

Office Hours: TBA

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

Textbook and Course Materials:

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

Leyland, T. "Exercise Programming Science and Practice". Simon Fraser University. 2016.

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:

Final Exam 35%

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 40%

Lab work: 20%

Participation: 5%

Participation format: KINS 1120 requires students' active participation in the lab component of the course. Student attendance will be recorded during the lab classes and will be used to calculate the participation grade.

Proportion of individual and group work:

Individual: 80%

Group: 20%

Grading System: Letter grade

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

Passing grade: D

Topics Covered:

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

Physical activity in health and chronic disease

Principles of training & principles of conducting fitness assessments

Body composition and weight management (assessment)

This generic outline is for planning purposes only.

Flexibility (adaptations, assessment and designing programs)
Musculoskeletal fitness (adaptations, assessment and designing programs)
Cardiorespiratory fitness (bioenergetics, adaptations, assessment and designing programs)

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:

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