

THE UNIVERSITY OF BRITISH COLUMBIA  
SCHOOL OF KINESIOLOGY

**Course Code and Title:** KIN 103 Active Health

**Class location:** Woodward IRC Hall #5

**Class Meeting time(s):** Monday, Wednesday and Friday 9:00-9:50am

**Lab Times:** Monday 12-2pm or Thursday 12-2pm or 2-4pm, in Osborne Unit 2-125 G3  
Introduction lab (1hr) and four 2hr labs

**Instructor Name:** Dr. Maria Gallo

**Contact Information:** [maria.gallo@ubc.ca](mailto:maria.gallo@ubc.ca)

**Office:** War Memorial Gym, room 35 (sub basement)

**Office Hours:** By appointment only (email me please to set up a date/time)

**Teaching Assistants:** Henry Lai ([henry.lai@ubc.ca](mailto:henry.lai@ubc.ca)) and Brandon Humphrey [bhumphrey13@shaw.ca](mailto:bhumphrey13@shaw.ca)

### **Course Description**

Role of physical activity in the maintenance of a healthy life. Application of basic physical fitness and exercise methods, exercise techniques and fitness appraisal.

### **Rationale**

This core course examines the role of healthy life habits in the maintenance of wellness and fitness. The lectures emphasize the importance of physical activity, stress management and proper nutrition as preventative strategies against cardiovascular conditions and cancer. Additionally, fitness programs and exercise prescription are outlined. Application of basic physical fitness and exercise methods, exercise techniques and fitness appraisals are applied in the laboratory component of this course. Knowledge acquired in this course will propel you into health-related courses in second year.

### **Aims and Outcomes**

- Develop skills relating to reading and analyzing relevant literature in the area of wellness and fitness
- Expose the student to the epidemics related to poor life choices (inactivity and poor nutrition) and their influence on the development of cardiovascular conditions and cancer
- Understand the principles of training and to create fitness exercise programs
- Express ideas and facts effectively in writing (lab reports), while accessing and make effective use of quantitative information collected from laboratories

### **Specific Learning Objectives:**

By the end of this course, students will be to:

- Understand the dimensions of wellness and health and identify factors that affect it
- Define stress and explain how the stress response affects wellbeing
- Understand how to manage stress
- Describe the controllable and uncontrollable risk factors associated with cardiovascular disease and cancer
- Identify the steps to lower your personal risk of developing cardiovascular disease and cancer
- Understand how body composition affects health and be able to assess it (caliper testing)
- Create a food plan that promotes health (according to the Canada Food Guide)
- Create a fitness plan to attain flexibility, cardiovascular and musculoskeletal benefits (aerobic, anaerobic, endurance, strength and power). Be able to assess the health-related components.

**Format and Procedures:**

This course will consist of three 50-minute classes each week. Each class will include lecturing, class discussions and small group discussion. Although attendance is not formally taken in class, regular attendance is encouraged. You are responsible for all material covered in class and any information given whether in attendance or not. You are also responsible for getting your own notes from class as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams.

**Important Dates:**

Classes begin/Our first class	Jan. 2nd 2019
Withdraw without a W and with a W standing, respectively	Before Jan. 14th and Feb. 8th
UBC closed	--
Midterm examination	Feb. 15th in class (50 mins)
Mid-term break	Feb. 18-22nd
Last day of classes	April 4th
Final examination period	April 8-26th inclusive. Saturdays are included in the exam schedule. <b>Do not schedule holiday travel during this period.</b>

**Tentative Schedule:**

Unit 1: Introduction to Wellness and Fitness	Chapter 1: Jan.4-11th
Unit 2: Stress and Stress Management	Chapter 10: Jan.14-23rd
Unit 3: Preventing Chronic Diseases and Cancer	Chapters 11 & 12: Jan.25-Feb.6th
Unit 4: Body Composition/diabetes	Chapters 6 & 7: Feb.8-March 8
Unit 5: Basic Principles of Physical Fitness/Fitness Programs	Chapter 2 & 9: March 11-15th
Unit 6: Musculoskeletal Fitness (Flexibility, strength, endurance) and Unit 7: Cardiorespiratory Fitness	Chapters 3-5: March 18-April 1st

Five two-hour labs will be scheduled throughout the term. Students will come to their assigned lab on the specified dates and times. It is the student's responsibility to come prepared (read the lab and any text reading) and on time. Everyone **must attend** each laboratory and expected to participate fully in the lab sessions. Participation means serving as both the tester and the participant. Appropriate dress (gym wear) is required during labs. Legitimate excuses for missing labs include illness (physician note required), and compassionate circumstances only. Extended vacations, extra work, etc. do not qualify.

**Laboratories:**

LAB NUMBER	TOPIC
	Introduction – no lab report due
1	Assessment of Resting Heart Rate and Blood Pressure and Lifestyle (discussion due)
2	Assessment of Body Composition – full lab report due
3	Assessment of Musculoskeletal Fitness (strength, flexibility, endurance) – full lab report due
4	Assessment of Cardiovascular Fitness (aerobic and anaerobic) – full lab report due

**Policies and Expectations**

### *Class Attendance*

Regular attendance is expected of students for all lectures, laboratories, tutorials, seminars, etc. Students who neglect their academic work and assignments may be excluded from final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.

### *Emails*

Questions through email are always welcome but please be aware that I might not be able to respond right away. It may take me up to 24hrs to respond to your email during the week and I don't check my email on weekends. I teach several large classes, which means that I might not recall your name at first glance. So, please include your course name (i.e. KIN 103) in the subject line.

### *Technology in the classroom*

Note taking on a laptop encourages verbatim transcription and students no longer process information in a way that is conducive to the give-and-take of a classroom discussion. Laptops also create the temptation to surf the web, check e-mail, or instant message creating a much less engaged classroom. Laptops will be allowed in the classroom. However, please make sure that you are focused on what is happening in the classroom and engaged in the discussion. Students may be asked to turn their computer off or leave the room if the computer becomes a disruption for the instructor or for other students.

Cell phones, however, are not welcome in the classroom. Cell phones are not to be visible or used at any time, especially not during quizzes or exams. Phones should be turned off before entering the room and remain off for the duration of class. If there is an extenuating circumstance which requires the student to use the phone during class, kindly step out of the room. Students who use their phone during class time will be asked to put the phone away and may be asked to leave room.

### *Academic Accommodation for Students with Disabilities*

The University's goal is to ensure fair and consistent treatment of all students, including students with a disability, in accordance with their distinct needs and in a manner consistent with academic principles. Students with a disability who wish to have an academic accommodation should contact Access and Diversity without delay.

### *Academic Integrity*

All UBC students are expected to behave as honest and responsible members of an academic community. Breach of those expectations or failure to follow the appropriate policies, principles, rules, and guidelines of the University with respect to academic honesty may result in disciplinary action. It is your responsibility to become familiar with the University of British Columbia's Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

### **Required Readings and Resources**

***Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*** (4th Canadian Edition)

Authors: Thomas D. Fahey et al., McGraw-Hill (2016). Old versions of the textbook are acceptable.

Connect (host to ebook and Smartbook): 9781259265594

Connect + Print: 9781259267901

Additional readings may be given at lectures.

**KIN 103 Laboratory Manual.** This will be available on Canvas.

Information about this course, handouts, and important reminders will be made available on the course website. This information can be accessed at the following address: <http://lthub.ubc.ca/guides/canvas/>

Class notes will be made available in PPT file-format through the course shell on Canvas. Students are encouraged to bring these notes along with paper and pen to class. Notes will be posted 24-hours prior to each class. Please keep in mind that these notes provide an overview of what will be covered and do not contain information related to discussions, in-class assignments, or detailed examples, which will be covered in class.

Labs	25% (3 lab reports: Lab 2 at 5%, Labs 3 and 4 at 10%)
Midterm examination	30%
Final examination	<u>45%</u>
	100%

### *Grading*

#### Examinations:

Term tests will not be rescheduled for any reason other than a medical issue or family emergency.

Written documentation must be presented in order for the test to be rescheduled. If you do not contact your instructor, you will be given a score of zero on the assessment.

**IMPORTANT: IN ORDER TO PASS THE COURSE, STUDENT MUST PASS ( $\geq 50\%$ ) BOTH EXAMINATIONS (midterm and final).**

#### Lab reports:

**There will be no “make-up” labs.**

Labs 2, 3 and 4 will require a formal written report. Late reports are due 7 days post-lab and will be deducted at a rate of 10% per day if late. Deductions will commence from the date/time the report is due, and will accumulate for each subsequent 24-hour period, including holidays and weekends.

**Reports will no longer be accepted for evaluation 2 days past the due date.** Assessment of labs (rubric: scoring tool that lists the criteria used to grade your labs) is on Canvas for your viewing. Refer to the Laboratory Manual for details.

Grading scale is as following:

Percentage (%)	Letter Grade
90-100	A+
85-89	A
80-84	A-
76-79	B+
72-75	B
68-71	B-
64-67	C+
60-63	C
55-59	C-
50-54	D
0-49	F (Fail)

Education is a multidisciplinary field that brings together faculty, students and others from diverse academic and personal backgrounds. UBC's Faculty of Education is committed to creating a respectful workplace and learning environment that supports inclusion based on the principles of equity, diversity and social justice in order to create an environment that supports its community members' full participation. The Faculty of Education is committed to providing accessible, usable, and welcoming spaces for faculty, staff, students, and visitors who have disabilities, are members of racialized communities, Indigenous, transgender, two-spirit and gender-diverse people, regardless of their age, sexual orientation, social status, religion, ethno- linguistic, nationality and/or citizenship status.

Faculty of Education courses take place in learning environments that are inclusive of gender identity, gender expression, sex, race, ethnicity, class, sexual orientation, ability, age, etc. Learners and educators expect to be treated respectfully at all times and in all interactions. Non-sexist, non-racist, non-homophobic, non-transphobic and non-heterosexist language is expected in Faculty of Education classes, course content, discussions and assignments.

Please feel welcome to e-mail me your name and pronoun and how you would like these to be used.