

**THE UNIVERSITY OF BRITISH COLUMBIA  
SCHOOL OF KINESIOLOGY**

**Course Code and Title:** KIN 120 Health and Exercise Management

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

**Class location:** ONLINE via Ultra Collaborate in the KIN 120 002 2021 course shell

**Class Meeting time(s)/Live webinars (PST):** Monday, Wednesday and Friday 9:00-9:50am.

**Lab Times/Live webinars (PST):** Monday at 12-2pm, and Thursdays 10-12pm & 12-2pm, ONLINE – on Zoom with TA (TBD) (no labs the first week of classes)

**Instructor Name:** Dr. Maria Gallo

**Contact Information:** maria.gallo@ubc.ca

**Office:** Osborne Centre Unit 2, Room 204

**Student Hours:** Wednesdays from 10-11am online on zoom (start of term to final exam). Please go to canvas for details.

Please email me to set up a date/time if not available during scheduled office hours.

**Teaching Assistants (TAs) and emails:** Shauna Pearce at shauna.pearce@ubc.ca and Michelle Jang at michelle.jang@ubc.ca.

### **Acknowledgements**

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.

### **Course Description**

Role of physical activity in the maintenance of a healthy life. The emphasis of this course will be on exercise prescription and testing for the healthy adult population. Field and laboratory techniques for exercise testing, interpretation, and exercise program prescription are major topics. Particular emphasis on test protocols for exercise assessment screening, body composition, flexibility, musculoskeletal fitness and cardiorespiratory endurance. The course features a blend of theory and practice.

### **Rationale**

This core course examines how to achieve wellness and fitness through exercise programming by improving the health-related components. Knowledge acquired in this course will propel you into health-related and programming courses in subsequent years.

## **Aims and Outcomes**

- To understand the link between health components, wellness & fitness.
- To understand how exercise can help prevent chronic diseases (cardiovascular, cancer, diabetes).
- To understand how stress affects wellbeing.
- To provide an understanding of the principles of exercise testing and exercise prescription in healthy adults.
- To understand the physiological adaptations that result from exercise prescription.
- To provide experience in the appraisal of body composition, flexibility, muscular strength, endurance, power and cardiorespiratory fitness in healthy adults (health related components).
- To provide the knowledge and skills necessary to safely design exercise programs for improving health related components.
- Develop skills relating to reading and analyzing relevant literature in the area of wellness and fitness.
- 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 how health-related components affect wellness
- 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
- List and describe the components of a pre-appraisal screening
- Explain the various principles of exercise prescription
- Explain the methods used for body composition assessment and describe the various assessment tools/protocols available
- Calculate percent body fat using data from various body composition assessment methods
- Describe how to develop a basic exercise program with the purpose of body composition changes, including calculations of energy expenditure
- Explain the methods used for flexibility assessment
- Describe how to develop a basic exercise program with the purpose of improving range of motion (joint specific)
- Explain the methods used for musculoskeletal fitness assessment, as well as predicting 1 RM
- Explain the basic guidelines and tools used for resistance training prescription for overall health, gains in strength, power and muscular endurance
- Describe methods for performing various exercises including the proper use of exercise equipment, spotting, and exercise modifications
- Describe field protocols for cardiovascular assessment
- Calculate how  $\text{VO}_2\text{max}$  can be predicted from cardiovascular tests
- Explain the basic guidelines and tools used for aerobic and anaerobic exercise prescription

## **Format and Procedures**

There are several approaches to learning in this course that include traditional lecture, discussion in partners and small groups, and team-based learning. Questions during class time are always welcome and student participation in all class formats is essential for success in the course. This course is organized into eight units. Refer to the tentative schedule for each unit topic/subject. The first four units focus on health and disease prevention whilst the last four units focus on training and exercise programming. The course will consist of three 50-minute live (synchronous) online classes each week. These live classes will include lecturing, individual activities, and small group discussion in breakout rooms. Although attendance is not formally taken, regular attendance to synchronous lectures is strongly encouraged. All classes will be recorded and will be available on Canvas. You are responsible for all material covered during lectures and labs and any information given whether in attendance or not. You are also responsible for getting your own notes from lectures and labs as well as information pertaining to changes in the course outline, readings, assignments, and information pertaining to any tests or exams.

### Important Semester Dates (Fall 2020)

Classes begin/Our first class	January 11 <sup>th</sup>
UBC closed (no classes)	Feb.15-19 <sup>th</sup> (reading break), April 2 <sup>nd</sup> and 5 <sup>th</sup>
Examinations (midterms)	Online on Feb. 5 <sup>th</sup> (units 1 & 2) and March 3 <sup>rd</sup> (units 3 & 4)
Last day of classes	April 14 <sup>th</sup>
Final examination period	Online exam; April 18 <sup>th</sup> – 29 <sup>th</sup> (focus on units 5-8) Exam date will be released later in the term.

### Tentative Schedule

Dates	Topics	Assigned readings Chapters in Fahey et al. textbook
Jan. 11th	Introduction to KIN 120	
Jan. 13-20th	Unit 1: Physical activity in health	Chapter 1
Jan. 22-Feb.3rd	Unit 2: Stress management	Chapter 12
Feb.5th	<b>Midterm #1 (units 1 &amp; 2) in class online</b>	
Feb. 8-19th	Unit 3: Chronic disease prevention	Chapters 10 and 12
Feb.22-March 1st	Unit 4: Body composition and diabetes	Chapters 6 and 8
March 3rd	<b>Midterm #2 (units 3 &amp; 4) in class online</b>	
March 5-12th	Unit 5: Principles of training & principles of conducting fitness assessments	Chapters 2 and 9

March 15-22nd	Unit 6: Flexibility (adaptations, assessment and designing programs)	Chapter 5
March 24- April 5th	Unit 7: Musculoskeletal Fitness (adaptations, assessment and designing programs)	Chapter 4
April 7-14th	Unit 8: Cardiorespiratory Fitness (Bioenergetics, adaptations, assessment and designing programs)	Chapter 3

\*Two guest speakers will be scheduled to come and speak to the class. Date will be communicated once confirmed.

### Laboratories

Five two-hour labs will be scheduled throughout the term. Labs will be virtual (online) and led by a Teaching assistant (TA). Students must attend their assigned lab on the specified dates and times. It is the student's responsibility to come prepared (read the lab, completed the pre-lab task (if needed), and dressed appropriately) and on time (log on 5 mins prior to the beginning of the lab). Students must attend all laboratories and expected to participate in the lab sessions. This includes international students that are in different time zones. There will not be "make-up" labs. It will be expected of you to have your video "on" for demonstrations, performance of activities/exercises and small group discussions. Students will be expected to collect some data on their own as pre-lab tasks.

### *Lab topics:*

Introduction	Introduction to labs in lecture (first week of classes)
Lab 1	Anthropometric measurements, heart rate, blood pressure and lifestyle questionnaire
Lab 2	Exercise preparation & recovery and aerobic & anaerobic testing
Lab 3	Hip hinge movement patterns, vertical & broad jump assessments.
Lab 4	Squat and push movement patterns and assessments
Lab 5	Lunge and row Movement patterns and assessments

### Policies and Expectations

#### *Attendance*

Regular attendance is expected of students for all live lectures, virtual laboratories, and review classes. Students who are unavoidably absent from a few classes in a row because of illness or an emergency should email the instructor. If you are absent during your assigned lab session, email the TA immediately.

### *Emails*

Students are always welcome to contact the instructor and teaching assistants via email. When contacting the instructor and teaching assistants, students should use professional email etiquette and should have the course code (KIN 120) in the subject line. Please keep in mind that it may take us (myself and the teaching assistants) up to 48 hours to respond to your email during the week and we do not check our email on weekends. Please keep this in mind around assignment due dates and just before the midterm. Some questions can be answered through email while others need to be discussed in person. As such, students are *strongly encouraged to go to office hours*. If you are not available to meet during office hours, please send me an email and we will arrange a mutually convenient time to meet. Appointments to meet with a teaching assistant can be made by emailing the teaching assistant.

### *Technology*

Electronic devices such as computers (desktop, laptop) or tablets (ipads, etc.) will be needed for this online course. A strong internet connection is strongly recommended. These devices create the temptation to surf the web, check e-mail, etc. so please make sure that you are focused on what is happening in the classroom and engaged in the discussion. Other distractions should be minimized during class and lab times as well. For example, cell phones should be muted, and try to situate yourself in a quiet space if possible.

Mentimeter may be used throughout the term to enhance student learning by encouraging student participation, engagement, and discussion. To use Mentimeter students will need to have access to an electronic device that will allow them to connect to the internet (e.g., tablet, laptop, phone). Responding to Mentimeter questions is not mandatory and thus students will not be penalized if they do not have access to an electronic device during class time.

### *Course analytics:*

Learning analytics includes the collection and analysis of data about learners to improve teaching and learning. This course will be using the following learning technologies: Canvas and Connect. Many of these tools capture data about your activity and provide information that can be used to improve the quality of teaching and learning. In this course, I plan to use analytics data to:

- View overall class progress
- Track your progress in order to provide you with personalized feedback
- Review statistics on course content being accessed to support improvements in the course
- Track participation in discussion forums
- Assess your participation in the course]

### *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.

Students are responsible for submitting original work and accurately citing (referencing) the work of others within assignments. All submitted assignments become the property of the University of British Columbia and electronic copies of submitted assignments will be stored and used to check against future, present, or past cases of academic misconduct.

### *Honesty Pledge*

I hereby pledge that I have read and will abide by the rules, regulations, and expectations set out in the UBC Academic Calendar, with particular attention paid to:

1. The Student Declaration  
(<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,285,0,0>)
2. The Academic Honesty and Standards  
(<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,286,0,0>)
3. The Student Conduct During Examinations  
(<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,41,90,0>)
4. And any special rules for conduct as set out by the examiner

I affirm that I will not give or receive any unauthorized help on this examination, that all work will be my own, and that I will abide by any special rules for conduct set out by the examiner.

### *Copyright:*

All materials of this course (course handouts, lecture slides, assessments, course readings, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

## **Class Notes**

Class notes will be made available through the course shell. 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.

## Readings and Resources

Students are responsible for all readings assigned in the course syllabus and during class time. Not all concepts in the textbook will be covered in class. Concepts from the assigned readings in the textbook will be tested on the midterms and final examination. Assigned empirical research and review articles are meant to develop student's understanding and provide examples of concepts discussed in class. Thus, they will not be directly tested on the midterms, but completion of these readings will enhance knowledge of the course material. Additional readings, information about this course, handouts, and important reminders will be made available on the course shell.

### *Required Readings:*

#### **Textbook:**

***Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*** (5th Canadian Edition)  
Authors: Thomas D. Fahey et al., McGraw-Hill (2019).

Refer to Canvas for instructions for purchasing the book.

**All work students complete in Connect should be done through Canvas access to Connect to ensure it is recorded.**

SmartBook reading assignments are time sensitive and must be completed before certain dates. Refer to Connect for full details. Units 1 and 2 cover chapters 1 and 12; these readings need to be completed before Feb. 5<sup>th</sup> (9am). Units 1 and 2 are assessed in the first midterm. Units 3 and 4 cover chapters 10 & 11 and 6 & 8; these readings need to be completed before March 3<sup>rd</sup> (9am). Units 3 and 4 are assessed in the second midterm. Units 5-8 cover chapters 2, 9, 5, 4 and 3: these readings need to be completed before the final exam (date to be confirmed). These units make up the final examination.

A total of 10% is given for the completion of all units/chapters.

The trial quizzes are open all term; these will provide you with examples of the type of questions to expect on examinations. These quizzes are not graded.

Peer reviewed articles will also be included as part of required readings. These will be communicated throughout the course and can be found on the Canvas shell under Supplementary Reads.

***KIN 120 Laboratory Manual.*** This will be available on Canvas.

## Course Evaluation

Smartbook reading assignments	10%
Laboratory written reports	20%
Midterm examination 1	12%
Midterm examination 2	18%
Final examination	40%
	100%

### *Grading*

Due dates of lab reports/exams will not be rescheduled for any reason other than a medical issue or family emergency. Written documentation must be presented in order for an exam to be rescheduled or for extensions on assignments. If you miss a due date or exam for an emergency, you must contact your instructor as soon as possible following the class/exam. If you do not contact your instructor, your assignment will be considered late or in the case of missing an exam, it will be given a score of zero. If you are not able to write the midterms due to a medical issue or family emergency then the weighing from the missed midterm(s) will be redistributed to your final examination. You may be writing a cumulative final examination. All extensions, rescheduling, or other concessions are at the discretion of the instructor.

Each lab group is expected to submit one lab report [*Yes, you need to work as a group*] after the second lab, and after the last lab for grading. Lab #1 report (includes labs 1 & 2) is due 14-days post lab and to be submitted electronically via Canvas (by the same time and on the same day as the lab). Lab #2 report (includes labs 1-5) is due 10 days post lab and to be submitted electronically via Canvas (by the same time and on the same day as the lab). Lab reports will not be accepted through email. Lab reports are considered late ten minutes after the end of that lab session. Late reports will be deducted at a rate of 10% per day. Deductions will commence from the date and time the lab report is due, and will accumulate for each subsequent 24-hour period for a maximum of two days, followed by a grade of zero. Lab reports will be graded by the TAs via Speedgrader. Students are responsible for making sure that their electronic submissions were successful and have sufficient internet speed to upload their lab reports.

### *Examinations:*

There will be two midterms in this course. Units 1 and 2 are assessed in the first midterm. Units 3 and 4 are assessed in the second midterm. Midterms may include, but is not limited to: multiple choice questions, labeling, fill-in-the-blank, true/false, and short answer questions. Midterms will cover material presented in the lecture/s prior to the examination. Details will be discussed during the class period before the examination. It is your responsibility to know what will be covered on the examination, even if you missed a class. Missed examinations are subject to the policies outlined in the section titled "Course Evaluation."



The final exam is not accumulative; however, key themes will thread throughout the whole term, and these concepts are examinable. Units 5-8 will be the focus for the final examination.

Applied questions from the labs are not to be submitted in the lab reports but they are testable on examinations.

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)

### **Online Learning for International Students:**

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>

### **UBC policies**

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.

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious and cultural observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available here (<https://senate.ubc.ca/policiesresources-support-student-success>).

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.