



School of Kinesiology
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Kinesiology 120
Health and Exercise Management
Winter Term 2, 2022

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Acknowledgement

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 their culture, history, and traditions from one generation to the next on this site. We acknowledge and thank the xʷməθkʷəy̓əm (Musqueam), Tseil-Waututh and Skwxwú7mesh (Squamish) peoples. To learn more about First Nations and Indigenous territories where you live, please visit native-land.ca

Course Description

KIN 120 (formerly KIN 103) is the foundational course for undergraduates in the School of Kinesiology to understand the 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 is placed on test protocols for exercise assessment screening, body composition, flexibility, musculoskeletal fitness and cardiorespiratory endurance. The course features a blend of theory and practice.

Course Format

Students will attend three, 50-minute lectures per week and one, two-hour lab every other week

Lectures: Monday, Wednesday, and Friday's 9-10am Woodward IRC - Room 5

Labs: Monday's 12-2pm, Thursday's 10-12pm or 12-2pm Osborne Centre, Unit 2, Room 125

Resources

- Lecture and Lab Material: Will be available to you on Canvas.
- Required Text: Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness 6th Ed. Authors: Thomas D. Fahey et al., McGraw-Hill (2019). Follow instructions on canvas to purchase

Course Objectives

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 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 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
- 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 VO₂max can be predicted from cardiovascular tests
- Explain the basic guidelines and tools used for aerobic and anaerobic exercise prescription

Course Evaluation

Assessment Breakdown:	Weight %
Smartbook Reading Assignments (<i>online</i>)	10%
Laboratory Written Reports (<i>online submissions</i>)	20%
Midterm Exam (<i>in person</i>)	30%
Final Exam (<i>in person</i>)	40%

***Must complete all assessments above to successfully complete the course.**

1) Smartbook Reading Assignments: 10%

- Purchase your textbook via the UBC bookstore. 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.
 - o Units 1 and 2 cover chapters 1 and 12, while units 3 and 4 cover chapters 10 & 11 and 6 & 8; these readings need to be completed before the midterm.
 - o Units 5-8 cover chapters 2, 9, 5, 4 and 3: these readings need to be completed before the final exam.
- 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.

2) Laboratory Written Reports: 20%

- KIN 120 Laboratory 'Manual' will be available on Canvas and include all lab information
- 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.
 - o 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).
 - o Lab #2 report (includes labs 1-5) 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).
 - o Lab reports will not be accepted through email.
- 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. Students are responsible for making sure that their electronic submissions were successful and have sufficient internet to upload lab reports.

3) Midterm Exam: 30%

- The midterm exam will take place in person, during class time, and will cover material from Units 1-4. The format of the exam will be a combination of multiple-choice questions, labeling, fill- in-the-blank, true/false, and short and long answer questions.

4) Final Exam: 40%

- The midterm exam will take place in person, date TBD, and will cover material from Units 5-8. The format of the exam will be a combination of multiple-choice questions, labeling, fill- in-the-blank, true/false, and short and long answer questions.
- The final will cover material from Unit 5-8, however key themes will thread throughout the whole term and these concepts are examinable.

If you need separate accommodations for either examinations due to a learning disability, on- going medical problem, etc., and have the documentation, please reach out to the instructor as soon as possible and visit the Centre for Accessibility for further resources.

Course Content Schedule

**Subject to change*

This course is organized into eight units. The first four units focus on health and disease prevention, and the last four units focus on training and exercise programming.

Dates of Class	Module Outline	Lab Outline
Week 1 – January 9 th	Course Intro	N/A
Week 2 – January 16 th	Physical Activity in Health	N/A
Week 3 – January 23 rd	Stress Management	Lab 1A
Week 4 – January 30 th	Chronic Disease Prevention	Lab 1B
Week 5 – February 6 th	Body Composition and Diabetes	Lab 2A
Week 6 – February 13 th	Midterm (Units 1-4)	Lab 2B
Week 7 – February 20 th	READING WEEK	
Week 8 – February 27 th	Principles of Training & Conducting Fitness Assessments	Lab 3A
Week 9 – March 6 th	Flexibility (adaptations, assessment and designing programs)	Lab 3B
Week 10 – March 13 th	Flexibility Cont'd	Lab 4A
Week 11 – March 20 th	Musculoskeletal Fitness (adaptations, assessment and designing programs)	Lab 4B
Week 12 – March 27 th	MSK Cont'd	Lab 5A
Week 13 – April 3 rd	Cardiorespiratory Fitness (adaptations, assessment and designing programs)	Lab 5B
Week 14 – April 10 th	Cardio Cont'd	N/A
Exam Period – April 17-28		

*Add/Drop days: Jan. 20th is the last day to drop without a W standing, and Mar. 3rd is the last day with a W standing.

Course Policies

Lines of Communication

Canvas: Information about this course, lectures, and important reminders will be made available on the course website. This information can be accessed on Canvas, so please check the site regularly.

E-Mail: Students are always welcome to contact the instructor and teaching assistants via email. When contacting us please include KIN 120 in the subject line of your e-mails. We will aim to respond within 48 hours, however we will not respond on evenings or weekends, so take this into consideration when you send an e-mail that requires a response. Should you have academic concession requests or questions surrounding your assignment grades these need to be addressed face-to-face, either before or after class or by booking a time to meet in person or over zoom.

Attendance and Participation

As this course is in person, your attendance and participation are expected at all lectures and mandatory at all labs. In person classes will include lecturing, individual activities, and small group discussion. Although attendance is not formally taken, regular attendance at lectures is strongly encouraged.

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 (attendance is taken). Participation means serving as both the tester and the participant. Appropriate dress (gym wear) is required during labs. Physical testing, activities and exercises will be completed during the lab. It is expected that you participate as much as possible. You will also be expected to complete some tasks on your own time (outside of lab time), and have the results for discussion during lab times. Legitimate excuses for missing labs include illness (physician note may be required), and compassionate circumstances only. Extended vacations, extra work, etc. do not qualify.

Laboratory Safety procedures will be reviewed during the first lab of the term. Labs involve testing on your classmates and various forms of exercise. You are expected to adhere to the laboratory guidelines at all times. Failure to do so will result in removal from the laboratory setting. All risks and procedures are outlined in the labs posted online and it is your responsibility to review these prior to attending the lab.

Lab 1	Anthropometric measurements, heart rate, blood pressure and lifestyle questionnaire
Lab 2	Exercise preparation & recovery, aerobic and anaerobic testing
Lab 3	Hip ROM, hip hinge movement patterns and vertical & broad jump assessments
Lab 4	Squat and push movement patterns, upper & lower body strength and endurance assessments
Lab 5	Shoulder ROM, core strength and lunge and row movement patterns and assessments

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 any information pertaining to tests or exams.

University 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 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 on [the UBC Senate website](#).

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.

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.

Accessibility

If you have any challenges accessing materials that will impact your success in this course, UBC's Centre for Accessibility can support your needs by providing appropriate accommodations to support you.

Web: <https://students.ubc.ca/about-student-services/centre-for-accessibility>

Email: accessibility@ubc.ca

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