

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

KINS 2030: Physical Activity, Health, and Wellness

Course Format:

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

Lecture 3 h + Seminar 1 h + Lab 0 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

Fundamental to the study of kinesiology is an understanding of how physical activity and other factors contribute to a healthy lifestyle. In this course, students employ scientific principles to explore ways in which health and wellness are impacted by nutrition, stress, sleep, and physical activity.

Prerequisites: None

Corequisites: None

Learning Outcomes:

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

- Define health and wellness;
- Describe the health benefits of physical activity;
- Apply Canada's Food Guide for the promotion and maintenance of health and wellness;
- Describe the roles of stress, sleep, and physical activity in maintaining health and wellness;
- Identify the controllable and uncontrollable risk factors associated with chronic diseases;
- Describe steps to reduce their own risk of developing chronic disease.

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:]

Kolen. "Personal Health and Fitness". Toronto. 2019.

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

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 30%

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 25%

Assignments: 45%

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:]

Health, wellness, and healthy lifestyles

Scientific tools for the study health, wellness, and physical activity

Self-management and self-planning skills for health behaviour change

The health benefits of physical activity

The role of Canada's Food Guide in the promotion and maintenance of health and wellness

Stress management, relaxation, and time management

The role of physical activity in reducing the risk of chronic disease

Health and wellness trends in today's society

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](#)

This generic outline is for planning purposes only.

[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.