### Course Name:
KNPE 355/3.0
Lifestyle and Cardiometabolic Assessment Laboratory

### Course Instructor:
Mr. Nicholas Held

### Contact Hours:
- Lectures: 1 x 1 hr/wk x 12 weeks
- Labs: 1 x 3 hrs/wk x 12 weeks

### Prerequisite:
KNPE 125/3.0, KNPE 225/3.0, KNPE 227/3.0 and KNPE 255/3.0 Level 3 or above in a KINE or PHED plan.

### Exclusion:
None

### Course Description:
This lecture/laboratory experience is designed to help prepare students to participate in a variety of multidisciplinary clinical and/or professional environments. Development of pertinent skills and discussion of relevant concepts pertaining to assessment of cardiometabolic and/or health related variables for generally asymptomatic populations are reviewed to prepare students for experiences in clinical/pragmatic settings.

### Course Texts (Required):

### Learning Outcomes:
- To acquire practical assessment skills in order to measure and assess cardiometabolic fitness and risk factors;
- To demonstrate clinical, practical and professional competence in order to accurately and reliably record measurements;
- To replicate and/or reproduce measurements in order to demonstrate competency and reliability of assessor's skills;
- To use knowledge of basic principles of health-related information in order to interpret clinical assessment data in the context of cardiometabolic risk and fitness;
- To interpret measurements and assessment results of subject's evaluation in order to clinically assess their measurements by comparison to relevant population;
- To communicate assessment results to subjects/clients in a way that describes their clinical relevance.

### Course Evaluation:
- Laboratory Quiz(s) 15%
- Practical Exam #1 30%
- Practical Exam #2 20%
- Written Exam 35%

### Course Outline

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<td>Cardiometabolic risk measurement</td>
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<td>Cardiorespiratory fitness as a health risk factor</td>
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<td>Physical activity assessment – accelerometer/pedometer</td>
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