Course Name: KNPE 455/3.0
Advanced Physical Activity and Health

Course Instructor:
Dr. Bob Ross

Contact Hours:
Lectures: 2 x 1.5 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. During Advanced Course Sign-up, students in a KINE plan have priority.

Exclusion:

Course Description:
This course is designed to further prepare the student to participate in a variety of multidisciplinary clinical and/or professional environments. The foundation of the course will be to prepare students with advanced understanding of concepts related to the use of physical activity/lifestyle as a strategy for reducing morbidity and mortality. The discovery of translation and knowledge and skills pertaining to physical activity and exercise as strategies for prevention and treatment of health risk factors in general and selected special populations is a focus of the course. The ultimate objective is to help prepare students for experiences in various health care settings.

Course Texts:

Intended Student Learning Outcomes:
- Understand various applications of physical activity as a treatment strategy for prevention and treatment of lifestyle-based, chronic disease and associated risk factors.
- Understand how to discover/search, interpret and present scientific literature/data to answer a question specific to the application of exercise science/kinesiology in clinical settings

Course Evaluation:
Knowledge Synthesis / Translation Project
Research Paper 20%
Research Presentation 20%
Infographic 10%
Oral Exam 10%
Professionalism (Peer-Review) 5%
Final Exam 35%

Course Outline
<table>
<thead>
<tr>
<th>Introduction – Evaluating Evidence</th>
<th>Physical Activity, Cardiorespiratory Fitness and Type 2 Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity, Cardiorespiratory Fitness, Risk Factors and Events</td>
<td>Physical Activity and Cancer</td>
</tr>
<tr>
<td>Physical Activity, Cardiorespiratory, Fitness and CVD Mortality</td>
<td>Physical Activity, Obesity and Related Health Risk</td>
</tr>
<tr>
<td>Physical Activity Guidelines and Health</td>
<td>Physical Activity and Blood Pressure/Hypertension</td>
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</tbody>
</table>