

<p>Course Name:</p> <p>HLTH 270/3.0 Movement Behaviours and Health</p>	<p>Course Instructor:</p> <p>Dr. Ian Janssen</p>	<p>Contact Hours:</p> <p>Lectures: 2 x 1.5 hrs/wk</p> <hr/> <p>Prerequisite:</p> <p>HLTH 102/3.0 Restricted to students in a HLTH plan level 2 or above. Not available to students in a KINE Plan.</p> <hr/> <p>Exclusion:</p> <p>KNPE 255/3.0</p>								
<p>Course Description:</p> <p>Movement is on a continuum that includes sleep, sedentary behaviour, and physical activity. This course will study the movement behaviour levels and characteristics of the population, the influence that movement behaviours have on maintaining good health and preventing chronic disease, the determinants of movement behaviours, and interventions that can be used to impact movement behaviours. These topics will be studied using a primary prevention approach and a life course approach that considers the role of demographic, social, and cultural factors.</p>		<p>Course Texts:</p> <p>There is no textbook for HLTH 270. PDF copies and links to reading materials are provided on onQ under the Content tab separately for each lecture. The reading materials will provide background materials that will prepare you for the lectures and act as a supplement to the lecture slides. These readings will help you prepare for all of the evaluation components of the course including tests and assignments.</p>								
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Describe movement behaviour principles and concepts to appreciate the movement behaviour field • Review movement behaviour levels in the population to determine what movement behaviours are problematic in the population and population subgroups who are at high risk. • Identify health benefits of movement to describe the role that movement behaviours have on health and well-being. • Identify the determinants of movement behaviours to discuss the complexity of these behaviours. 		<p>Course Evaluation:</p> <table> <tr> <td>Weekly Reflections</td> <td>25%</td> </tr> <tr> <td>Test</td> <td>25%</td> </tr> <tr> <td>Essay</td> <td>25%</td> </tr> <tr> <td>Design of a movement behaviour intervention</td> <td>25%</td> </tr> </table>	Weekly Reflections	25%	Test	25%	Essay	25%	Design of a movement behaviour intervention	25%
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<ul style="list-style-type: none"> • Generate a movement behaviour intervention plan to demonstrate ability to develop new ideas by integrating knowledge and understanding of movement behaviour principles, determinants, and intervention strategies. • Practice effective written communication techniques to show your ability to enhance others understanding of a topic area • Act in a manner consistent with academic integrity and professional practice to display scholastic and professional competence 	
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Course Outline

<p>Movement is on a continuum and that movement behaviours are codependent on each other. Overview of sleep, sedentary behaviour, and physical activity characteristics that are relevant for health.</p>	<p>Public health guidelines and recommendations for movement behaviours</p>
<p>Description of the sleep, sedentary behaviour, and physical activity characteristics in the population.</p>	<p>Overview of socioecological approach that can be used to studying the determinants of movement behaviours and intervention approaches that can be used to change behaviours.</p>
<p>Interrelationship between sleep, sedentary behaviour, and physical activity; Role of sleep characteristics (e.g., duration, quality, patterns) on physical, mental, and social health outcomes.</p>	<p>An examination of the determinants of sleep including individual, social environment, physical environment and policy factors. Examples of interventions that have been able to improve sleep.</p>
<p>Role of sedentary behaviour characteristics (e.g., duration, patterns, types) on physical, mental, and social health outcomes.</p>	<p>An examination of the determinants of sedentary behaviour including individual, social environment, physical environment and policy factors. Examples of interventions that have been able to improve sedentary behaviour.</p>
<p>Role of physical activity characteristics (e.g., duration, patterns, intensity, types) on physical, mental, and social health outcomes How different combinations of movement behaviours influence physical, mental, and social health outcomes.</p>	<p>An examination of the determinants of sedentary behaviour including individual, social environment, physical environment and policy factors. Examples of interventions that have been able to improve sedentary behaviour.</p>