

<p>Course Name: KNPE 255/3.0</p> <p>Physical Activity, Fitness and Health</p>	<p>Course Instructor:</p> <p>Dr. Bob Ross</p>	<p>Contact Hours:</p> <p>Lectures: 2 x 1.5 hrs / 12 weeks</p>						
		<p>Prerequisite:</p> <p>KNPE 125/3.0, Level 2 or above in a KINE plan.</p>						
		<p>Corequisite:</p> <p>KNPE 225/3.0 and KNPE 227/3.0</p>						
		<p>Exclusion:</p> <p>HLTH 270/3.0</p>						
<p>Course Description:</p> <p>Introduction to the interrelationships between physical activity, inactivity, cardiorespiratory fitness and health. Current knowledge with respect to the identification of health related fitness components, cardio metabolic risk factors among adults with various phenotypes are considered. Concepts related to physical activity and exercise prescription as treatment strategies for reducing lifestyle-based disease is introduced.</p>		<p>Course Texts:</p> <p>Course notes will be posted on OnQ</p>						
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> Describe basic concepts related to physical activity, cardiorespiratory fitness, sedentary behaviour and health, and the interrelationship among these variables. Describe the dose-response relationships between physical activity, cardiorespiratory fitness and selected health outcomes. Describe the forms of evidence used to answer questions related to physical activity and health risk factors and health outcomes. 		<p>Course Evaluation:</p> <table> <tr> <td>Mid Term Exam</td> <td>25%</td> </tr> <tr> <td>Mid Term Exam 2</td> <td>25%</td> </tr> <tr> <td>Final Exam</td> <td>50%</td> </tr> </table>	Mid Term Exam	25%	Mid Term Exam 2	25%	Final Exam	50%
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<p>Course Outline</p>								
Introduction - Course Overview	Inter-individual differences in response to exercise							
Important concepts when studying relationships between physical activity, cardiorespiratory fitness, and health.	Sedentary Behaviour and Health Risk							
Introduction to the Canadian 24-Hr Movement guidelines (1 reading, 4 posted lectures (24-Hr Movement Guidelines)	Sedentary Behaviour and Health Risk							

Physical Activity/Exercise: Dose-response issues MVPA/LPA and Health	Obesity, identifying the high-risk phenotype
Cardiorespiratory Fitness and Health	Obesity management
Exercise and Insulin Resistance	Physical Activity and Aging
Physical Activity and Type 2 Diabetes	Effectiveness of physical activity as a treatment strategy.
Physical Activity/exercise and Blood Pressure	Sedentary Behaviour and Health Risk
Physical Activity, Cardiorespiratory Fitness and Cancer	