

<p><b>Course Name:</b></p> <p><b>HLTH 270/3.0</b> Movement Behaviours and Health</p>	<p><b>Course Instructor:</b></p> <p>Dr. Ian Janssen</p>	<p><b>Contact Hours:</b></p> <p>Fall 2020 – Remote Delivery</p>																												
		<p><b>Prerequisite:</b></p> <p>HLTH 102/3.0 Restricted to students in a HLTH plan level 2 or above.</p>																												
		<p><b>Exclusion:</b></p> <p>KNPE 255/3.0</p>																												
<p><b>Course Description:</b></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><b>Course Texts:</b></p> <p>There is no textbook for HLTH 270. PDF copies and/or links to reading materials will be provided on OnQ. You will need to use the Queen's University web proxy to obtain free access of some of these materials (<a href="https://library.queensu.ca/locations-hours/off-campus-access/how-to-webproxy">https://library.queensu.ca/locations-hours/off-campus-access/how-to-webproxy</a>).</p> <p>The reading materials are intended to be a supplement to the micro lecture slides and provide additional information that will not be covered in these lectures.</p>																												
<p><b>Intended Student Learning Outcomes:</b></p> <table border="1"> <thead> <tr> <th><i>Do What (Verb)</i></th> <th><i>With What (Content)</i></th> <th><i>For What (Result)</i></th> </tr> </thead> <tbody> <tr> <td>Understand</td> <td>Movement behaviour principles and concepts</td> <td>To appreciate the movement behaviour field</td> </tr> <tr> <td>Understand</td> <td>Movement behaviour levels in the population</td> <td>To determine what movement behaviours are problematic in the population and population subgroups who are at high risk.</td> </tr> <tr> <td>Value</td> <td>Health benefits of movement</td> <td>To appreciate the role that movement behaviours have on health and well-being.</td> </tr> <tr> <td>Understand</td> <td>Determinants of movement behaviours</td> <td>To appreciate the complexity of these behaviours.</td> </tr> <tr> <td>Generate</td> <td>A movement behaviour intervention plan</td> <td>To demonstrate ability to develop new ideas by integrating knowledge and understanding of movement behaviour principles, determinants, and intervention strategies.</td> </tr> </tbody> </table>		<i>Do What (Verb)</i>	<i>With What (Content)</i>	<i>For What (Result)</i>	Understand	Movement behaviour principles and concepts	To appreciate the movement behaviour field	Understand	Movement behaviour levels in the population	To determine what movement behaviours are problematic in the population and population subgroups who are at high risk.	Value	Health benefits of movement	To appreciate the role that movement behaviours have on health and well-being.	Understand	Determinants of movement behaviours	To appreciate the complexity of these behaviours.	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.	<p><b>Course Evaluation:</b></p> <table border="1"> <tbody> <tr> <td>Micro movement break video (1% bonus mark)</td> <td></td> </tr> <tr> <td>Micro quizzes</td> <td>25%</td> </tr> <tr> <td>Online 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> </tbody> </table>	Micro movement break video (1% bonus mark)		Micro quizzes	25%	Online test	25%	Essay	25%	Design of a movement behaviour intervention	25%
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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	

### Course Outline

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.	Public health guidelines and recommendations for movement behaviours
Description of the sleep, sedentary behaviour, and physical activity characteristics in the population.	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.
Interrelationship between sleep, sedentary behaviour, and physical activity; Role of sleep characteristics (e.g., duration, quality, patterns) on physical, mental, and social health outcomes.	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.
Role of sedentary behaviour characteristics (e.g., duration, patterns, types) on physical, mental, and social health outcomes.	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.
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.	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.