

<p>Course Name: KNPE 455/3.0</p> <p>Advanced Physical Activity and Health</p>	<p>Course Instructor:</p> <p>Dr. Bob Ross</p>	<p>Contact Hours:</p> <p>Fall 2020 – Remote Delivery</p>														
		<p>Prerequisite:</p> <p>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.</p>														
		<p>Exclusion:</p>														
<p>Course Description:</p> <p>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.</p>		<p>Course Texts:</p> <p>Physical Activity and Health. Second Edition. Eds. Bouchard C, Blair SN, Haskell WL. Human Kinetics, Champaign, Illinois 2012. RECOMMENDED.</p>														
<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> 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 		<p>Course Evaluation:</p> <table> <tr> <td>Knowledge Synthesis / Translation Projects</td> <td>70%</td> </tr> <tr> <td> Research Paper Outline</td> <td>5%</td> </tr> <tr> <td> Research Paper</td> <td>30%</td> </tr> <tr> <td> Research Presentation</td> <td>25%</td> </tr> <tr> <td> Infographic</td> <td>10%</td> </tr> <tr> <td>Professionalism (Peer-Review)</td> <td>5%</td> </tr> <tr> <td>Final Exam</td> <td>25%</td> </tr> </table>	Knowledge Synthesis / Translation Projects	70%	Research Paper Outline	5%	Research Paper	30%	Research Presentation	25%	Infographic	10%	Professionalism (Peer-Review)	5%	Final Exam	25%
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<p>Course Outline</p>																
Introduction – Evaluating Evidence	Physical Activity, Cardiorespiratory Fitness and Type 2 Diabetes															
Physical Activity, Cardiorespiratory Fitness, Risk Factors and Events	Physical Activity and Cancer															
Physical Activity, Cardiorespiratory, Fitness and CVD	Physical Activity, Obesity and Related Health Risk															

Mortality	
Physical Activity Guidelines and Health	Physical Activity and Blood Pressure/Hypertension

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