

<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>Winter 2021 – Remote Delivery</p>					
		<p>Prerequisite:</p> <p>KNPE 125/3.0, Level 2 or above in a KINE or PHED 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 Objectives:</p> <ul style="list-style-type: none"> • Describe basic concepts related to physical activity, physical inactivity, cardiorespiratory fitness, sedentary time and health, and the interrelationship among these variables. • Describe the dose-response relationships between physical activity, exercise and health outcomes. • Describe the forms of evidence used to answer questions related to physical activity, exercise, health risk factors and health outcomes. 		<p>Course Evaluation:</p> <table> <tr> <td>Mid Term Exam</td> <td>25%</td> </tr> <tr> <td>Final Exam</td> <td>75%</td> </tr> </table>		Mid Term Exam	25%	Final Exam	75%
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<p>Course Outline</p>							
Introduction, course overview		Movement guidelines – interaction of behaviours					
Physical activity, risk factors, morbidity and mortality – evaluation of evidence		Inter-individual differences in response to exercise					
Cardiorespiratory fitness and health		Inter-individual difference in response to exercise					
Physical activity and health		Assessment of physical activity and cardiorespiratory fitness in health care settings					
Physical activity, cardiorespiratory fitness and cancer		Physical activity, fitness and aging					

Physical activity, cardiorespiratory fitness and Type 2 Diabetes	Inter-individual differences in response to exercise
Physical activity and insulin resistance	Obesity, identifying the high-risk phenotype
Physical activity and bone health	Obesity management: Influence of physical activity
Physical activity and hypertension	How do we change behavior in health care settings?
Sedentary activity verses physical inactivity	Human Body Composition Assessment: Indirect Methods
Physical Activity, Dose-response considerations	Physical Activity and Blood Pressure

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