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|--|--|---|--------------------|-----|--------------------|-----|--------------------|-----|------------------------|-----|
| <p><b>Course Name:</b><br/><b>KNPE 355/3.0</b></p> <p>Lifestyle and<br/>Cardiometabolic<br/>Assessment Laboratory</p>  | <p><b>Course Instructor:</b><br/><br/>Mr. Nicolas Held</p> | <p><b>Contact Hours:</b><br/>Winter 2021 – Remote Delivery</p>  |                    |     |                    |     |                    |     |                        |     |
|  |  | <p><b>Prerequisite:</b><br/><br/>KNPE 125/3.0, KNPE 225/3.0,<br/>KNPE 227/3.0 and KNPE 255/3.0<br/>Level 3 or above in a KINE or PHED plan.</p>   |                    |     |                    |     |                    |     |                        |     |
|  |  | <p><b>Exclusion:</b><br/>None</p>   |                    |     |                    |     |                    |     |                        |     |
| <p><b>Course Description:</b><br/><br/>This lecture/laboratory experience is designed to help prepare students to participate in a variety of multidisciplinary clinical and/or professional environments. Development of pertinent skills and discussion of relevant concepts pertaining to assessment of cardiometabolic and/or health related variables for generally asymptomatic populations are reviewed to prepare students for experiences in clinical/pragmatic settings.</p> |  | <p><b>Course Texts (Required):</b><br/><br/>CSEP-PATH: Physical Activity Training for Health, Resource Manual 2018. Canadian Society for Exercise Physiology.<br/>REQUIRED.<br/><br/>Lecture notes will be posted on OnQ</p>  |                    |     |                    |     |                    |     |                        |     |
| <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>Lectures prior to laboratory topics introduce the student to each laboratory procedure.</li> <li>Laboratory demonstrations provide training in the use of the clinical and/or field methods for assessment of physiological and cardiometabolic outcomes.</li> </ul>   |  | <p><b>Course Evaluation:</b></p> <table> <tr> <td>Laboratory Quizzes</td> <td>15%</td> </tr> <tr> <td>Practical Exam # 1</td> <td>30%</td> </tr> <tr> <td>Practical Exam # 2</td> <td>20%</td> </tr> <tr> <td>Written Practical Exam</td> <td>35%</td> </tr> </table> | Laboratory Quizzes | 15% | Practical Exam # 1 | 30% | Practical Exam # 2 | 20% | Written Practical Exam | 35% |
| Laboratory Quizzes   | 15%  |   |                    |     |                    |     |                    |     |                        |     |
| Practical Exam # 1   | 30%  |   |                    |     |                    |     |                    |     |                        |     |
| Practical Exam # 2   | 20%  |   |                    |     |                    |     |                    |     |                        |     |
| Written Practical Exam   | 35%  |   |                    |     |                    |     |                    |     |                        |     |
| <b>Course Outline</b>  |  |   |                    |     |                    |     |                    |     |                        |     |
| Introduction – Objectives and Course Format  | Musculoskeletal strength assessment                        |   |                    |     |                    |     |                    |     |                        |     |
| Cardiometabolic risk assessment  | Body composition and health risk                           |   |                    |     |                    |     |                    |     |                        |     |
| Cardiometabolic risk measurement   | CPAFLA / Impedance   |   |                    |     |                    |     |                    |     |                        |     |
| Cardiorespiratory fitness as a health risk factor  | Body composition and health risk                           |   |                    |     |                    |     |                    |     |                        |     |
| Physical activity assessment – accelerometer/pedometer   | DXA / CT / MRI – imaging lab for image analysis            |   |                    |     |                    |     |                    |     |                        |     |
| Functional Fitness Assessment  | Flexibility / Range of motion                              |   |                    |     |                    |     |                    |     |                        |     |
| Musculoskeletal strength and endurance   |  |   |                    |     |                    |     |                    |     |                        |     |